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## *A Play For* **SIX-MAN FOOTBALL!**

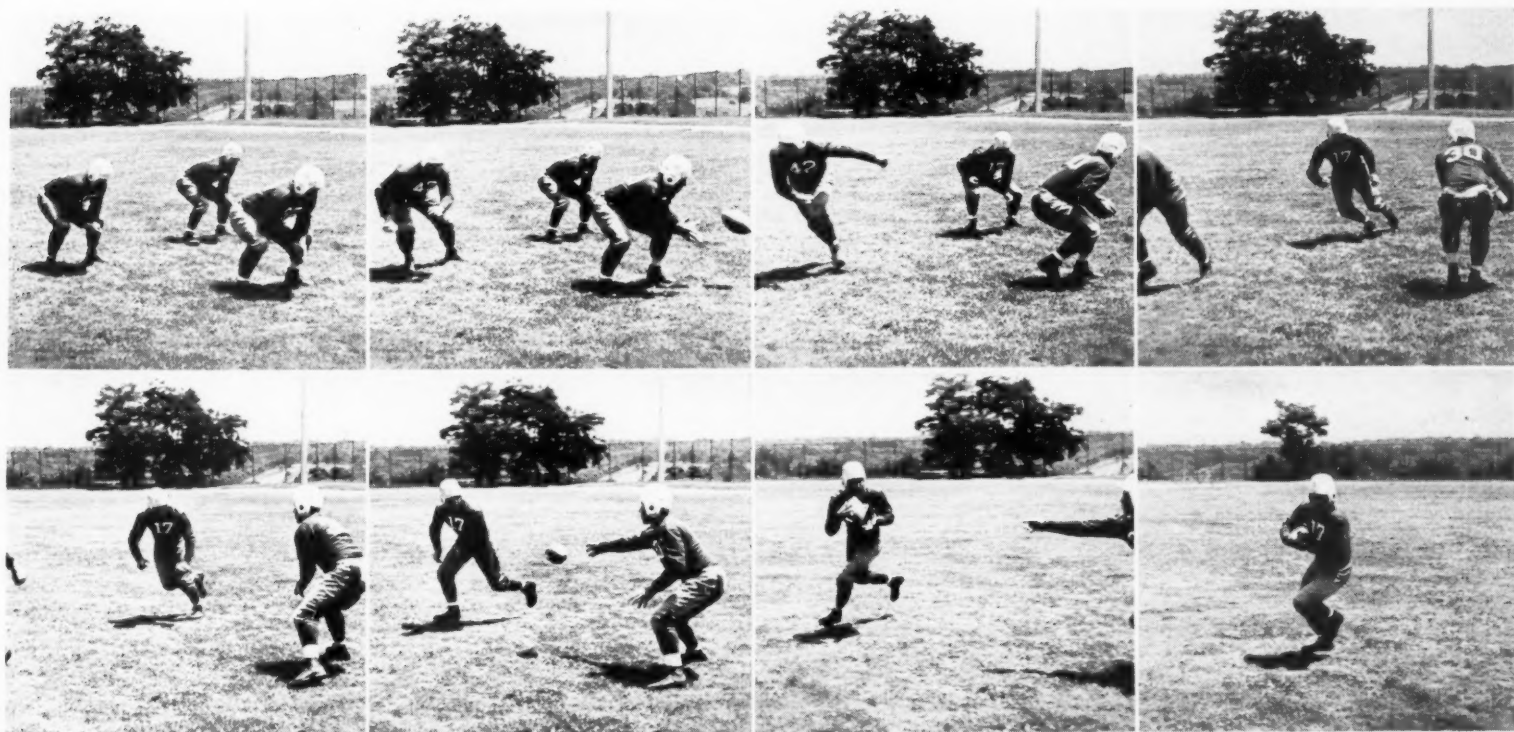
**BY STEPHEN E. EPLER, INVENTOR OF SIX-MAN FOOTBALL**

The rules for Six-Man Football are based on the rules of the eleven-man game, with a number of important exceptions. One is that the backfield man, receiving the ball from center, must pass it to a teammate before the "receiver" crosses the line of scrimmage. The purpose of this rule is to make the game more open and to discourage power plays. After this first "back pass," the receiver may then run, kick, forward pass, or "lateral" pass.

The play illustrated in the accompanying picture, shows the quarterback receiving the ball from center, making a half pivot, and passing the ball underhand to his halfback. This pass may be made with one or two hands. The pass should lead the receiver so that his stride will not be broken and be aimed chest high. After the quarterback makes the pass, he continues his pivot, and joins in the interference.

**STEPHEN E. EPLER**  
*Inventor of Six-Man Football*

### **A PLAY FOR SIX-MAN FOOTBALL**

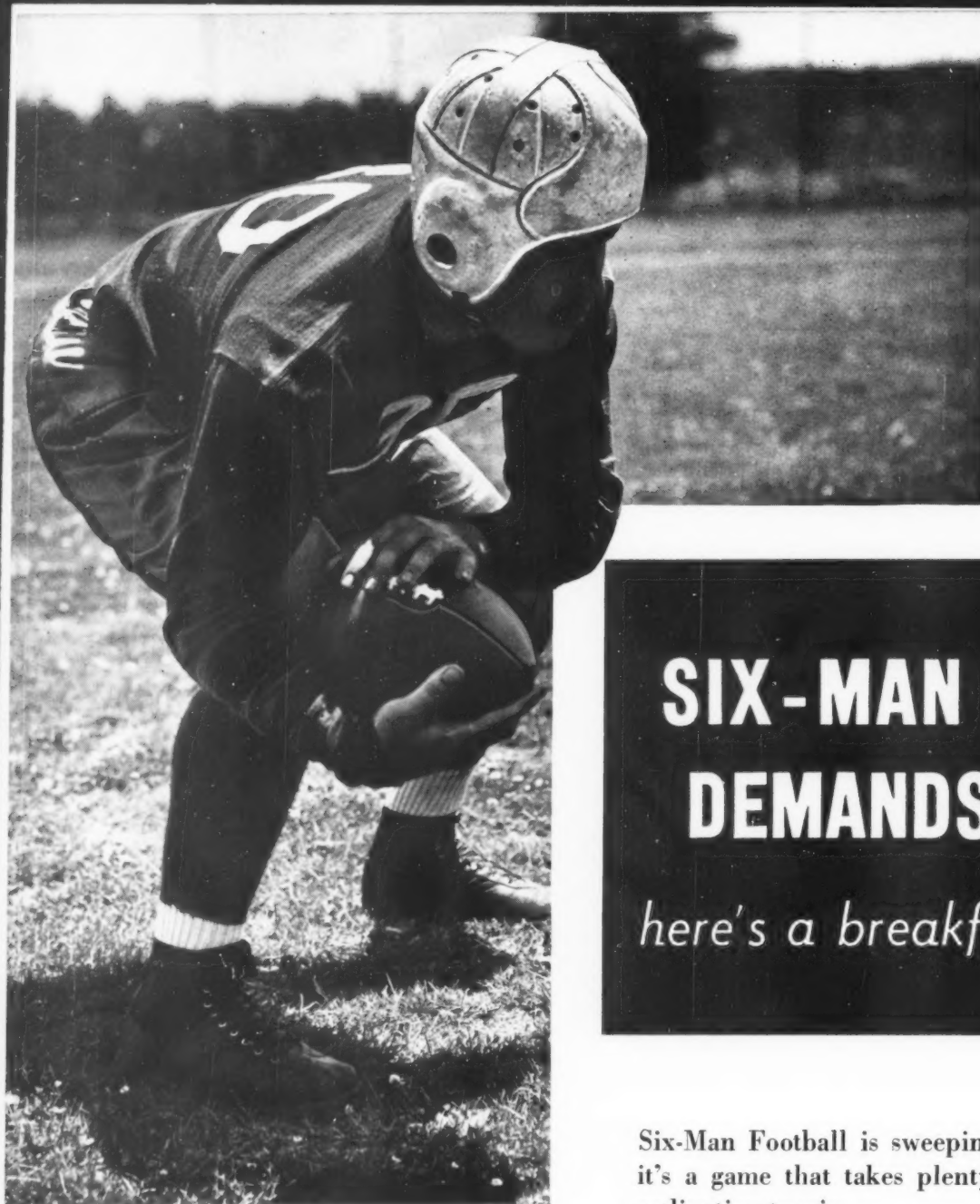


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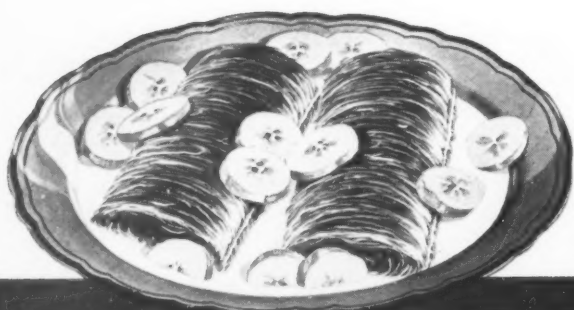
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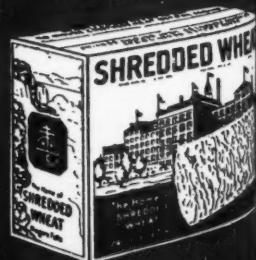
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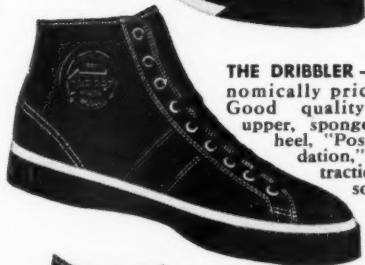
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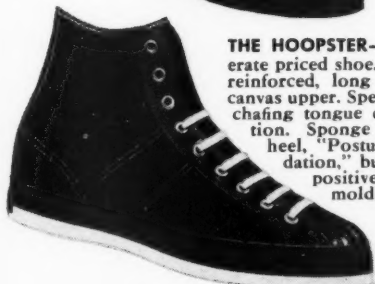
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# SCHOLASTIC COACH

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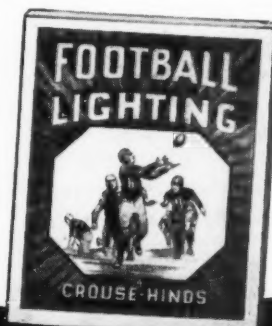
High school games are generally played on Friday so as not to conflict with college games. People who work cannot attend Friday games unless played at night. Modern illumination has made football so attractive at night that the crowds far exceed those in the daytime.

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# Here Below

**I**S COACHING an aid or a hindrance to a man who is entering the school field and who like Caesar "is ambitious?" Mr. R. L. Kendall, Headmaster at the Medford, Mass., High School, whose article, "A Primer for the Beginning Coach," appears on page 42 of this issue, thinks that if a man desires ultimate recognition as a teacher he should not remain in coaching for longer than five years. After that as they say in the fillums he becomes "typed."

This may be true as far a recognition solely as a teacher is concerned, but coaching can be the best of training for a future administrator. It seems that almost every school superintendent that we know was formerly a coach. We realize that our contacts are more with the athletically inclined than with those who can identify every blade in Walt Whitman's "Leaves of Grass."

Therefore we were not greatly surprised when we read what former coach "Curly" Byrd has made of himself. Dr. Harry Clifton "Curly" Byrd, former coach, director of athletics, assistant to the president, vice president, acting president, and now president of the University of Maryland is—we quote the *New York Times*:

"considered one of the most astute politicians in the 'Free State'—although he has never sought public office—because of his remarkable rise and his ability to obtain both State and Federal funds for the university.

"Dr. Byrd, who is 49, was graduated from the university in 1908, when it was only a small State-supported college. In 1912 he was made director of athletics and football coach and retained this post until 1934. In the meantime, as the college grew, through its football prowess and the personable coach's persuasive manner with State legislators, he was made assistant to the president—this as early as 1918—then vice president in 1932, acting president in 1935 and finally head of the entire institution in 1936."

Greater glory hath come to no man.

joined forces in Berlin for a German-American dual meet.

To appreciate the import of the international event in Berlin, one has to go back to 1936 when the A.A.U. under anti-Nazi Jeremiah T. Mahoney came perilously close to voting a boycott on the Olympics. The boycott resolution strained the relations between the A.A.U. and its German counterpart, and the subtle references to our "Black Auxiliaries" during America's crushing triumph in the track events widened the breach still further. Such was the situation when a fellow by the



Photograph by Myles Standish

A group of dummies at Gilman Prep making up credits in order to be eligible to play on the Harvard varsity this fall. What is that little McCarthy in the first row raising his hand for?

**A**T THE risk of incurring a senatorial investigation we do not recommend the navy these days as a means of seeing the world. Such a measure, we believe, is just a bit drastic. We recommend a more conservative approach. For one, a fellow might save his relief checks and buy a steamship ticket. But the simplest expedient of all is to crack a couple of track records and spend a summer in Europe at the expense of the Amateur Athletic Union, who have been shipping athletes on request from our European neighbors for several years. The boys travel first class, run in a couple of meets and absorb a bit of culture.

This summer the rumble of cannon in Europe had no effect whatever on the A.A.U. schedule of excursion boats. The junkets went on uninterruptedly. As a matter of fact the forty athletes they sent across in three units in July comprised the largest track group ever sent abroad in a non-Olympic year. The boys acquitted themselves nobly in London, Stockholm and Hamburg and then

name of Avery Brundage stepped in.

When Mahoney divested himself of the A.A.U. leadership this year, Brundage was handed the portfolio. Never one to bear malice, he promptly patched up the differences between the German and American organizations by secretly arranging the meet in Berlin. Until the American athletes were selected and approved after the national championships in Buffalo, not an inkling of the extent of the team and the formal scheduling of the dual engagement leaked out to the public, press or the A.A.U. as a body!

Combining his diplomatic ten-strike with a bend toward the practical, Brundage decided to cut the A.A.U. in for five percent of the gross receipts of all European meets showing American talent. Since the attendance for the two-day meet in Berlin was about 150,000 the A.A.U. share of the take represented a tidy little nut to drop into their coffers. All that remains is to figure some way to get the money out of Germany.



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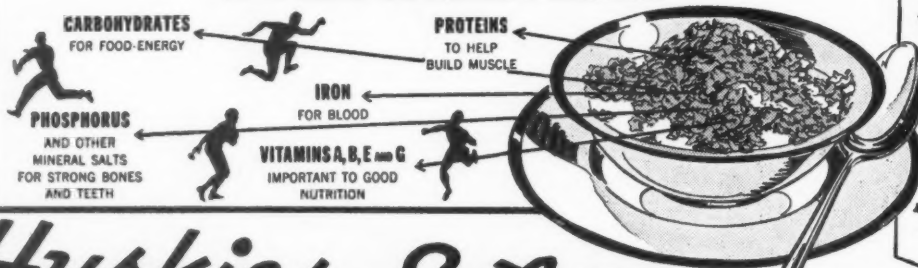
nourishment! They're rich in food-energy... help build muscle, too!

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# Center Play

By Frank Leahy



The man with the big No. 11 on his jersey who is helping author Frank Leahy read his notes is Alex Wojciechowicz, Fordham's all-America center. In the pictures below, Wojcie shows how it should be done. He grips the ball lightly "as if it were a bubble" with the lace down, the thumbs almost touching and the fingers well spread. Little or no weight is placed over the arms and ball. The weight is almost entirely over the balls of the feet.



Frank Leahy, a lineman on the late Knute Rockne's unbeaten Notre Dame teams in 1929 and '30, now coaches the line at Fordham University—a powerful, smartly turned out unit that consistently ranks among the top flight lines in the country. In the progressive action pictures which illustrate Leahy's article, the center who does such a creditable job of passing and blocking is Alexander Wojciechowicz, Fordham's all-America center in 1936 and '37. According to newspaper records, Wojciechowicz, in three years of varsity football against fast company, never made a bad pass.

**T**HERE were few qualifications for the position of center in the early days of football. The man for the job was a big, powerful fellow who could hold up the center of the defensive line against the repeated onslaughts of the attacking team. As long as he refused to be dislodged, he was doing all that was expected of him. He did not have to be fast, particularly intelligent or spirited.

With the perfection of such modern weapons as the forward and lateral pass, the wide end sweep, the cutback, and the reverse, the fate of the big, slow, unimaginative type of center was sealed. He was now expected to back up a line, diagnose plays and defend against passes. The job was too big for him and he faded out of the picture. Today, in the writer's opinion, the center has the most difficult job on the team. He is the watchdog of the ball on the de-

fense as well as on the offense.

On offense he has two jobs to perform on every play. Aside from initiating the play by setting the ball in motion, he must block in the line as well. Few centers are able to do both effectively at the beginning as they are handicapped in charging and blocking by their responsibility to first make a perfect pass with the head down.

On defense the center is the key man on all changes of alignment. He must think clearly and rapidly. He should know the strength and weakness of the opponents' formations and check the defensive line to avoid under or over shifting. In diagnosing plays he should look for the following tip-offs:

1. The guards pulling out. If they swing around, the play is almost sure

to go outside tackle; if they drop straight back, look for a pass.

2. The ends. On pass plays the wings have a tendency to assume a higher stance, line up further away from the tackle and leave their positions immediately after the snap.

3. The backs. Before certain plays they may wet their fingers, vary their positions or point with their eyes or bodies.

What are the requisites of a good center? First, he must master the art of passing. This technique is natural to a certain extent but can be developed with practice. Second, the snapper back should be a good diagnostician of plays. The ability to anticipate plays and be at the right place at the right time comes naturally to many players. The center should be a real ball hawk, moving with the ball wherever it goes. He can more easily analyze the opponents' attack by making a close study of the tactical situation and by keeping an eye open for give aways. The score, time left to play, condition of the field, wind, etc., will all have a direct bearing on the selection of plays by the offense.

Third, since the center is usually depended upon to spark the team, he should show plenty of enthusiasm for his work. His attitude is contagious. If he is full of life and snap,



these qualities will be reflected in the work of his teammates. They will play harder and with more spirit. On the other hand, if the center is phlegmatic and uninspired, the team may very easily fall into the same rut. The center should be a natural, born leader with football spirit and aggressiveness.

### Left: Punt Pass

Physically, a tall, well built boy is preferred. A big man has a wider stance, can reach further for the ball and to make tackles and can defend more successfully against passes. But height and weight are immaterial if the player has the other qualifications of speed, courage and intelligence.

### Must be dependable

No offense can click consistently unless the center is dependable. For this reason most great offensive units have had a better - than - average snapper back. Without the benefit of accurate passing from the center, backfield men lack confidence. A back is at a decided advantage if he cannot rely upon the center to snap the ball back soft and straight. Knute Rockne used to say, "Every pass should be not too high, not too low, not too fast and not too slow, but just right."

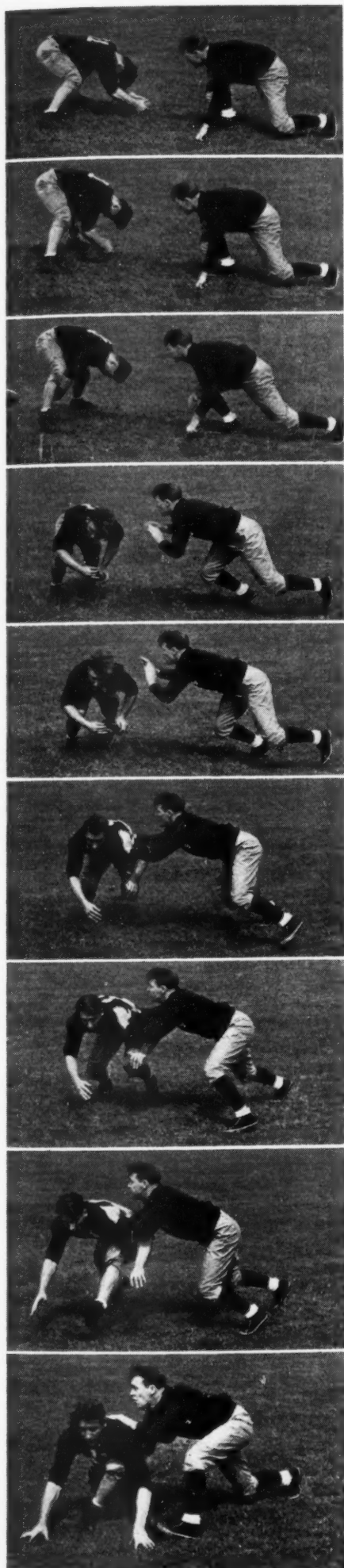
The center must adjust the speed, direction and height of the pass to the play about to be used. If the play requires a long pass, the ball should travel faster. A pass of intermediate speed should be developed for snaps to running backs located five or six yards behind the line of scrimmage; and a soft, floating pass should be used for feeding the ball to backs on short thrusts through the line.

### Right: Shoulder Block

The center's stance is somewhat higher than that of the other linemen. The feet are well spread to allow for more freedom in passing, with the right foot slightly in advance of the left. (This applies for right-handed throwers; vice versa for left-handers.) With the right foot advanced the center is better able to put a lead on the ball, although he is handicapped slightly in the follow through of his right hand. On shifts to the left, the center should also shift his feet. This is no tip-off which will give away the direction of the play. (The snapper back also shifts his feet on some reverse plays.) The entire weight is concentrated over the balls of the feet, no weight being on the ball. In stretching for the ball, the center should reach as







far forward as possible in order to keep the opposing linemen at a distance. This will give him more time to defend himself after the snap.

The snapper back should spread his fingers considerably to cover as much of the ball as possible. There is a feeling of security when the fingers are wrapped around a large piece of the ball. Both hands are placed toward the front of the ball with the fingers on the side and slightly under. The right hand is a bit lower than the left and imparts most of the spin, very much in the same manner as on an overhand spiral pass. The left hand acts mainly as a guide. The wrists are loose and the finger grip light.

### Left: Against 7-Man Line

After the pass is made, the center should immediately lift his head and elbows and make his charge. There is nothing to be gained by watching the ball too long as he can do nothing to improve the pass once the ball has left his hands. The head should be snapped up long before the ball reaches its destination. This is necessary to insure good blocking, for no center can block well when he is unable to see his opponent. Inexperienced players often make the mistake of following through too far with their hands. This makes it difficult for them to get their arms up in time to block.

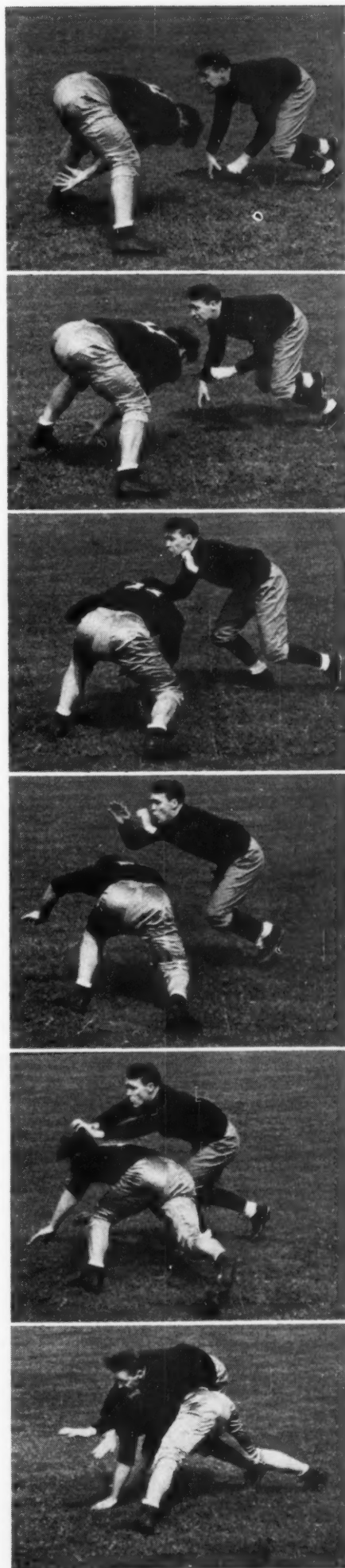
The pass to the fullback is a lob, aimed to the inside just above the knee, in the direction the back is going. The float pass is executed by just lifting the ball and passing upward. The punt pass is more difficult as the kicker is usually about ten yards back.

The center should learn from the punter, if possible, to which side of the field he intends to kick, so that he can snap the ball back in the easiest position for the kicker to handle.

### Right: Against 6-Man

The punt pass must be delivered at the center's top rate of speed. By reaching as far forward as possible with the ball, the snapper back can put more power behind his pass. Instead of picking up the ball and passing, he should drag the ball along the ground for about nine inches, keeping the tip of the ball down and delaying the snap as long as possible. The hands follow through to insure speed and accuracy and then are whipped back, elbows extended, for blocking. The center stays low and blocks until he hears the thud of cleat against leather; he then goes downfield.

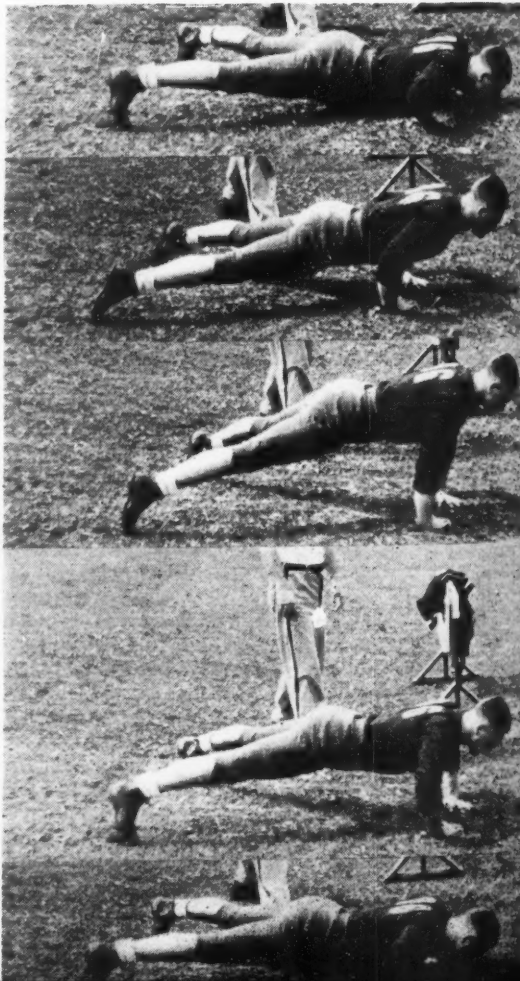
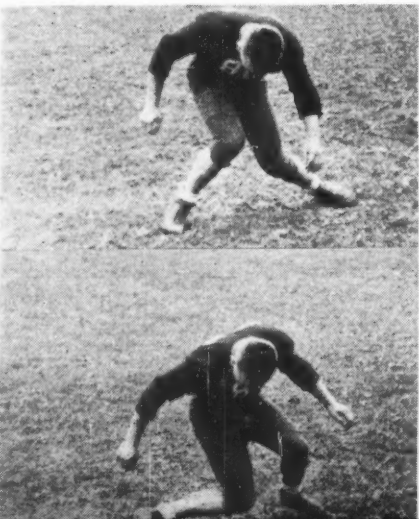
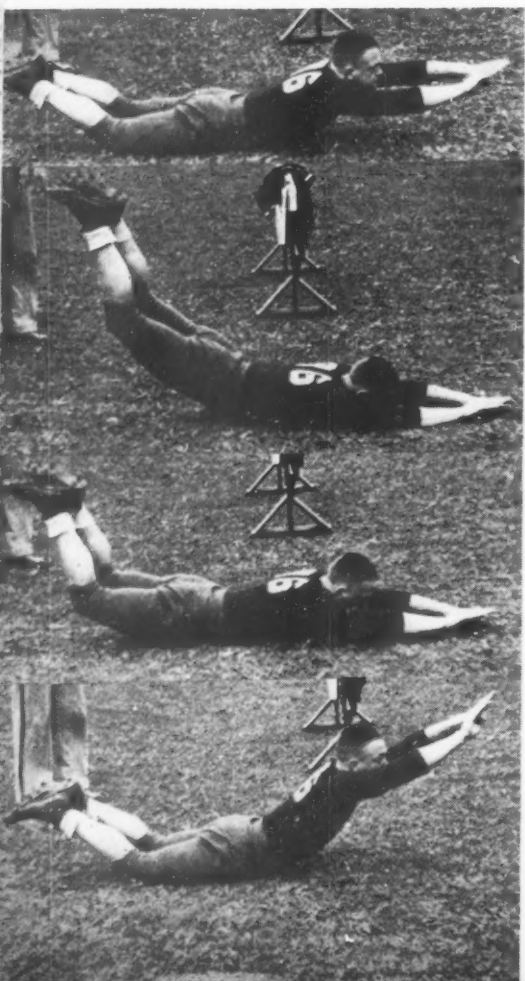
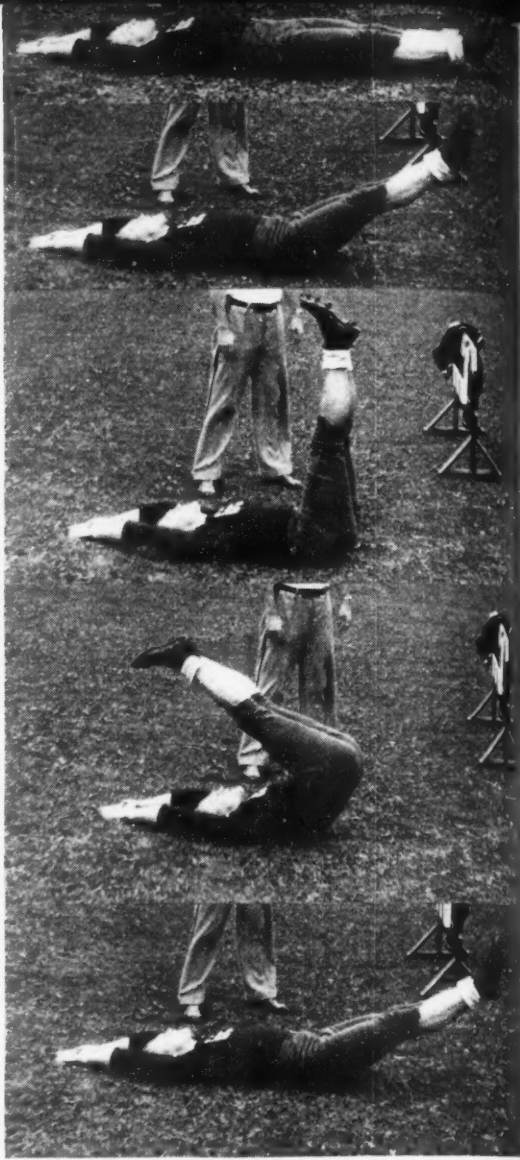
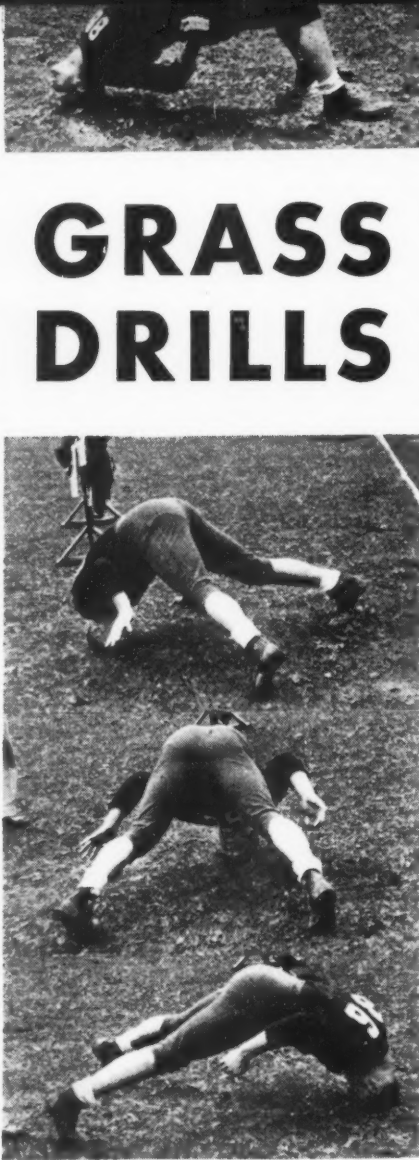
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# GRASS DRILLS

At the Cornell University Coaching School, Frank J. Kavanagh, Cornell trainer, recommended this series of body builders as a vital part of the toughening process both before and during the football season. For the first two weeks Kavanagh advises the coach to give these exercises twice a day, before and after the regular practice. During the season they may be given after the coach's other work is completed. The player should not go into these drills cold. He should first do some running (with the knees lifted high) and light calisthenic work. A short period of deep breathing exercises both precedes and follows the toughening drills. The athlete, below, is not indulging in a bit of extra-curricular shagging. The drill is a favorite Kavanagh strengthener for the knee and ankle joints.



# FOUR FUNDAMENTAL LINE BLOCKS

By Roy J. Wietz

The crux of offensive line play in high school football lies in the perfection of several vital fundamentals.

Roy J. Wietz has been drilling football lines for nine years. After graduating from the University of Illinois where he played guard on the Western Conference championship teams of 1927 and '28, he coached the line at Miami University for six years (1930-35) and then moved on to the Morrison R. Waite High School in Toledo, Ohio, where he is still located.

**T**HE average high school lineman has neither the physical equipment nor the experience to assimilate a heterogeneous assortment of blocks. Hence, the crux of offensive line play in high school football lies in the cultivation of a few vital fundamentals. These fundamentals must be so flexible that they may be easily adjusted and varied to fit into any situation that may occur upon the scrimmage line and in the field of play. At Waite we teach only the more fundamental blocks, hoping that the players will compensate for a lack of variety in their blocking by a skilful execution of the few blocks they have mastered.

First of all we teach our linemen the correct stance, one that will enable the player to move forward, backward or laterally, easily and effectively. We string the prospects out in a single line across the field and instruct them as follows:

On the count of one: Each prospect assumes a position in which his feet are about shoulder-width apart and pointing straight ahead, the toe of the rear foot on line with the heel or instep of the front foot. On two: Squat, place the hand opposite the forward foot on the ground with very little weight on it, and rest the other hand or forearm across the forward thigh. On three: Raise the rump and hips so that the back is inclined at about a 30-degree angle. Be sure



The straight shoulder block and its use as a weapon to double team and ride out an opponent.

that the shoulders are squarely forward, the head up and the player looking straight ahead. When all these adjustments have been made, the lineman can throw a little weight on his hand, or so distribute his body weight that he cannot be pushed backward or pulled forward. On four: Without further ado, the lineman charges. As a general rule we ask him to start with his rear leg, hoping to get some of the drive from it that a track man does.

Our principal offensive formation is an unbalanced single wingback. Because of the way we teach certain men to block and run, they are taught to line up in the following fashion. The ends may have either foot back. The weak-side guard plays with his left foot back because on pass plays he always blocks to the left and on running plays, instead of pulling out and running interference, he is sent down to block the secondary. The center has his left foot to the rear. The right guard takes a stance with his right foot back to facilitate his job of pulling out of the line and running interference. The inside tackle's left foot is back

so that he may pivot upon it to plug any holes to his inside. The outside tackle may place either foot to the rear with preference to the left as he frequently pulls out to his left.

After absorbing the instruction on stance, the players are paired off for live blocking practice. One line personates the defense, first from an upright or standing position and then from a position with one hand on the ground. The offensive man, from his correct stance position, drives off his forward foot but steps out with the rear foot. He drives his shoulder between the hips and knees of his opponent, broadening the blocking surface by bringing the arm up parallel to the shoulders, and bent at the elbow. The blocker uses the side of his head and the shoulder to pinch the defensive man.

We check the block to see that the blocker's legs are well spread and under him, that the rump is lower than the shoulders and that when contact is established the blocker follows up with short, choppy strides. If the opponent lines up slightly out of position, the blocker should go out

(Concluded on page 33)

Bringing a man down with a long body block and kip on the knee joint. \*The two offensive men drive out the opponent with a post-and-lead block.





# Fundamentals and Basic Defense

**I**N TWO years at Cornell University, Carl Snavely has proven that a winning system of football has no territorial boundaries. The brand of football that won for Snavely at North Carolina is still paying off above the Mason-Dixon line. At his coaching school in Ithaca, N. Y., the Cornell coach broke down his system into its component parts and showed how each constituent is predicated on simplicity and mastery of detail.

Snavely's philosophy of coaching reflected his fidelity to football simplicity. First, declared the famous

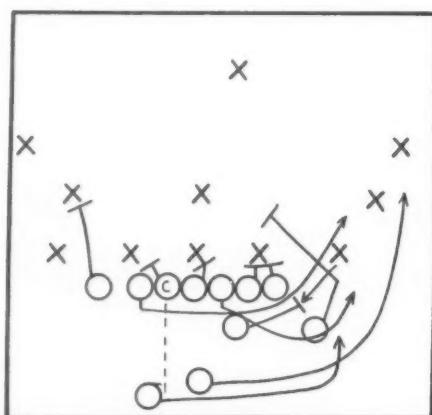
## From Carl Snavely's Coaching School

tain contact. Keep the feet apart, take short steps and maneuver the head between the opponent and the path of the ball. If the shoulder block is missed, turn on the side and hook the opponent with your leg.

Snavely never uses a high-low block, employing a double shoulder block in its stead. On a play to the right, if two men are working on one, both offensive players step out with the left foot. The inside man just cuddles up the outside man, keeping his elbow up so that the opponent cannot knife through. The outside man hits a little higher and whips his right shoulder and arm into the opponent.

The Cornell coach uses a high body block to protect the kicker and a low body block on running plays. The blocker, on running plays, should drive his knee between the legs of his opponent and drop his hand to the ground behind the man. The outside foot is placed ahead and to the outside of the defensive player. This leg is swung into the opponent if the block is missed.

In the execution of running blocks,



A standard off-tackle play against a five-man line. If the secondary is coming in fast and hard, the tailback may lateral to the fullback.

coach, play sound football; second, have few unsound plays; and, finally, always assume that the opponent is a little better than yourself.

Snavely believes that the quality of teamwork depends upon reliable position play and the execution of sound fundamentals. Blocking should be thorough and aggressive. Aggressiveness is an intangible quality but very necessary on the part of the blocker. If there is any soft spot in the opponent's defense, there's nothing like a good, hard block to bring it to the surface. The coach should keep driving this fact home to the players and favor the man who is aggressive.

Under blocking Snavely outlined the various types of blocks, ninety percent of which, he said, are variations of the stock shoulder block. In the shoulder block the power is applied by the forearm and head. Hit first with the head, advised the Cornell coach, then bring the arm up, with elbow extended, to a point high on the chest and close to the body, and follow through. To add the element of deception, the blocker can fake with his opposite shoulder and then cross over and hit. It isn't so important to hit hard as it is to main-



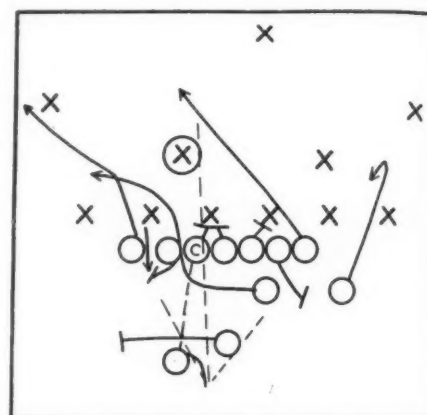
In this fake fullback reverse, the opponents who were sucked in by the offensive guards are mousetrapped by the center and blocking back.

the most common fault on the part of the blocker is a tendency to turn his tail into the opponent instead of driving head on into him. The blocker should never roll or turn his back to the defensive player unless he misses the original block. Make contact with the opponent, pinch his arm in front of the body and keep driving until he goes down.

For pulling out of the line, Snavely prefers a cross-over step if the player can do it. He teaches a nearly square offensive stance with the heel and toe of the opposite feet on line, the foot nearest to the center being the lead

leg. The player pivots on his heel and steps and goes in the direction of the play. When going to the right and the left foot is back, the player may have the option of a pivot or a short step back.

The ball-carrier must remember that his interference picks the hole for him and that he only follows behind the blocker's back. Snavely encourages his backs to carry the ball in a natural manner. The ball-carrier must protect the ball above everything else. On bucks through the line, he should keep his hands on the ball from the time he takes the snap from center until he is hit and going down. Snavely doesn't



The defensive fullback is the man to watch on this play since he has two men to cover. The passer waits for the full to commit himself.

care whether the ball-carrier has the ball in front of the body or under the arm, but one hand must be over the point. The Cornell backs have a special pre-season practice drill in protecting the ball. Borrowing a page from the early history of the American Indian, Snavely has his backs run through a gauntlet of teammates who attempt to snatch the ball away. The ball-carrier, in straight-arming a would-be tackler, should not try to knock the opponent down but should run around or away from him.

If the play involves hand-to-hand passing, the ball-handler should screen the ball by holding it in the crotch with both hands over the point. He shoves the ball out for the receiver who takes it with one hand above the ball and one hand below. The ball can be handled more cleanly if the ball-handler will turn with the receiver; that is, if the receiver is coming from the left, the ball-handler should pivot to the left to hand him the ball, and vice versa if the play develops from the right. On a pivot to the left, the ball-handler should dip his left shoulder and stay low in a crouch. This is very important in hidden-ball passing. It forces the defensive linemen to come up higher for a glimpse of the ball and makes it easier for the offensive linemen to get a crack at them.

On the subject of forward passing, Snavely stated that "A good passer is



not necessarily the one who can throw the ball the greatest distance, but the man who can control his pass." The passer can mask the direction of his pass by watching the decoy. If the latter is open, he can whip the ball to him; if not, he should look for the assigned receiver. The best type of pass is snapped from the ear at a good rate of speed with a lead for the receiver. The worst error of all is to underpass.

The blockers who protect the passer hit first and then go into the flat to cover the pass. The passer should stay on his feet, if possible. If he is knocked down, he should scramble to his feet quickly and cover the pass. Before carrying out their assignments on a pass, the passer and fullback can camouflage their design by taking a step into the line. (When the strength is shifted to the right, this step should be on the left foot.)

Snavelly introduced his lesson on team defense with a chalk talk on what he calls the basic defense, the 6-2-2-1. He outlined this defense on the blackboard and then proceeded to break it down into minute detail, describing the individual assignments against the various types of plays. Later he covered the general defenses in the same methodical manner.

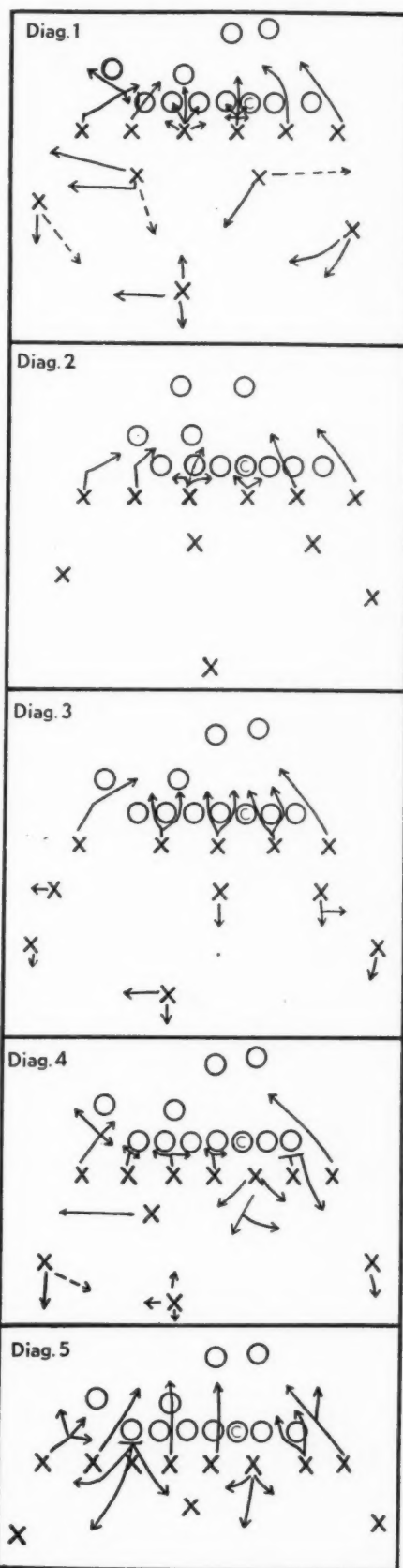
Snavelly's 6-2-2-1 is outlined in **Diag. 1.** The left end comes in fast at a sharp angle over the wingback and charges to meet the blocking back or linemen. (Blind smashing, as a rule, is not recommended but can be very effective at times.) If the opponents threaten to flank him, the end turns deep and outward with a cross-over step. On inside plays, he turns in toward the play.

In making his charge the end can cross the line of scrimmage in one of two ways. He can step in first with the inside foot, take his second step on the outside foot and then step in again with the inside foot, throwing his hip with the full weight of the body behind it into the blocker. In the other type of charge, the end takes his first step with the outside foot and then hops into a defensive standing position. If the play develops to the inside, he drives into the middle of it and plugs the hole. He should never finish up in the backfield with his outside foot forward; if he does he is lost. Rather than go deep, Snavelly prefers his end to stay on the line of scrimmage.

The short-side end charges in close behind the line, but turns outward and deeper if flanked. He crashes into the inside blockers. On pass plays the ends should not make any futile gestures by flinging their arms up and waving the hands. Rather they should rush the passer very hard and either tackle or tie him up.

Snavelly prefers his defensive tackles to take a stance with the foot forward that is closest to the opposing end. The first step forward after the snap is with the lead foot. The long-side tackle whacks the end with his right forearm and pushes off the wingback with his left hand. This tackle plays territory and uses varying tactics—charging either the wingback or end and

## Basic Defenses



using his hands on the other. He goes for the ball on his secondary charge. The short-side tackle must get by the end, charging inward but not too deep. He should be on the alert for mouse-traps.

The guards assume a three-point stance with one foot well behind the

other. The strong-side guard should play with his outside foot back because he is most concerned with plays that will sweep to the outside.

The guards play territory on the initial charge, varying their tactics but usually charging their opponent to the wide side of the field. The initial charge is short, followed instantly by a drifting or sliding toward the ball. On a forward pass, the guard rushes the passer if he gets through on his initial charge; otherwise he retreats and covers the area behind the line. Snavelly isn't particular whether the guard uses his hands or elbows. But he warns his men to beware of mouse-traps and not to tear in so fast that they find themselves out of the play. A mouse-trapped guard should throw his weight and hips into the blocker.

The fullback, or strong-side backer-up, meets all strong-side running plays by charging into the hole if there is one. He follows the short-side plays closely, watching for a cutback. On passes he covers the flat area to the strong side if the offensive backs go that way. He drops back to cover the center if the offensive backs go to the short side.

The halfbacks play about eight yards behind the line of scrimmage, the halfback on the strong side advancing slightly and the halfback on the short side dropping back a yard or two. On running plays to his side, the halfback advances always from the outside. He lets no opponent flank him. He must tackle from the outside in, not from the inside out. While waiting for the play he looks at the offensive backs, but principally watches the end or end and wingback on his side. If the end, or end and wing, blocks, the halfback advances for a running play. If the end, or end and wing, comes down the field without blocking, the halfback yells "Pass" loudly and repeatedly and backs up, covering the outside man of the end and wingback.

Snavelly believes there is no such thing as a straight zone or man-to-man defense; he uses a combination of both. The right halfback comes closest to playing a man-to-man when the offensive left end cuts across field. The halfback must then look for the opposite end cutting across.

The safety man watches the end and wingback on the strong side. If they block, he advances rapidly for a running play. If they come downfield, he takes the deep center man regardless of how the receivers cross. On a running play to the opposite side, the halfback drops back into the safety man's position and the safety man moves up fast to back up the halfback on the side attacked. Against a passing team, one of the guards may drop back to help the secondary.

An overshifted six-man line (**Diag. 2**) may be worth trying against a Notre Dame offense. The assignments are practically the same as in the regular six-man line. The short-side tackle crashes harder and at a sharper angle. The end also crashes in hard. The backer-ups shift more to the short side

(Concluded on page 48)

# HIGH SCHOOL LINE PLAY SIMPLIFIED

By B. Lowenberg and D. Manweller

A digest of the fundamentals of high school line play simplified to serve the needs of the beginning coach.

Benjamin Lowenberg and David Manweller have coordinated their ideas on offensive and defensive line play to serve the needs of the beginning coach. Both authors are members of the department of physical education at the Albany, N. Y., Senior High School, and double as football officials in their spare time. Manweller also coaches the Albany line.

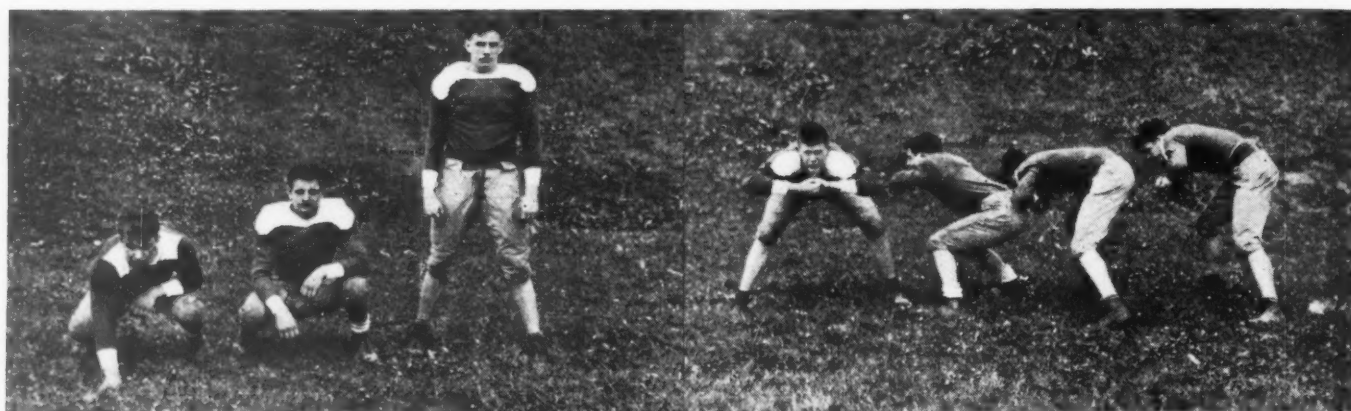
**J**UST as an army is said to march on its stomach so is the success of a football team contingent on the strength of its line play. Good line play is the foundation of suc-

The fact that this stance is a standard one and easy to learn makes it possible for the coach to shift players from one position of the line to another without having to teach them anything new. The stance allows the linemen a wide latitude of mobility in charging forward, laterally or out of the line.

The center should assume a well-balanced position with a fairly wide base, the left foot slightly to the rear

It is a good type of block to throw on a defensive man who is playing too high.

Because of the difficulty of the one man, head-on charge, two linemen may be assigned to double team an opponent. Shoulder to shoulder, the two offensive men charge into the defensive player and make contact on either side of him. The latter is pinched in by the pocket formed by the offensive linemen's inside shoulders. The player on the side the ball-carrier will pass, must keep his feet out of the path of



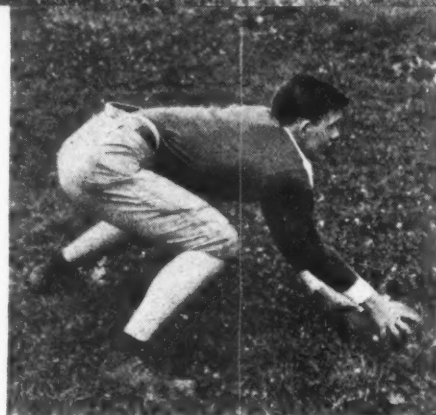
Three stages of instruction on the proper stance.

cessful football. As long as the linemen are discharging their fundamental assignments (blocking and tackling) the offense and defense will never flounder.

Modern line play has developed tremendously along technical lines and to play the line well requires speed, courage and intelligence. Unfortunately, the fundamentals of blocking and tackling are not natural skills. The players, especially high school linemen, must be given patient instruction and drilled constantly before they can acquire any degree of skill.

The starting point on all instruction in line play is stance. A perfect stance is necessary at all times to put speed, power and drive behind the charge.

On offense all high school linemen except the center, to our way of thinking, should assume a three-point stance. He should take a position facing squarely to the front with the feet well apart and the toes of one foot about on line with the heel of the other foot. The knees are bent, tail down, head up and the weight over the balls of the feet. The hand opposite the forward foot is placed lightly on the ground for balance only. The other hand and forearm rest comfortably across the thigh of the forward leg.



The correct center stance prior to the snap back.

and both knees bent. The back should be parallel to the ground, the head up and the weight well over the balls of the feet. There is little weight on the outstretched arms and ball. The right foot is forward to facilitate a snap to the right, the direction in which the ball is most often passed.

From the stance position, the lineman charges on the snap of the ball. The power in the offensive charge should be consistent and sustained. In a head-on charge, the offensive lineman aims directly at his opponent's midsection. He advances with short, choppy strides and drives into the opponent with his head and shoulder, the head being on the opposite side to which the defensive player is to be blocked. The blocking surface may be broadened by locking the hands high on the chest and extending the elbows.

A type of line blocking for passes and punts.

the play and make certain the opponent is helpless. Both players take off together on the foot closest to the opponent. They come in with tail low, head up, back straight and with legs that never stop driving.

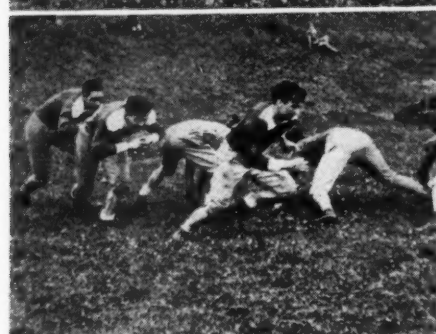
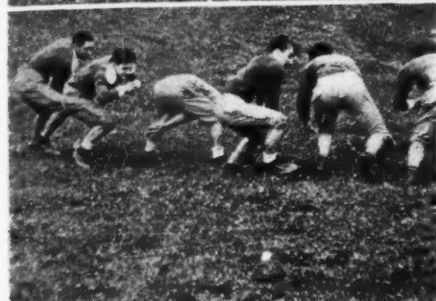
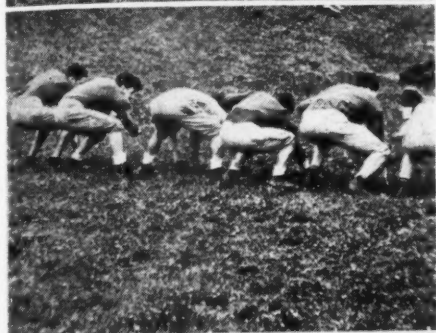
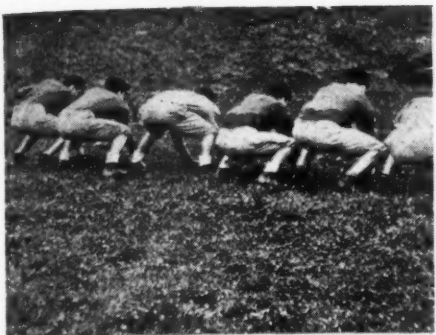
The check block is another type of offensive maneuver. It is essentially the same as the head-on charge except that the lineman waits for the defensive man instead of charging him. This block is used frequently on passes and kicks.

Although there is more than one method of pulling out for interference, we advocate a step back with the right foot if the play is to the right and with the left if the play is going left. This method eliminates any possibility of the lineman crossing his feet. The lineman keeps low, runs hard and does not give the play away by pointing with his eyes or varying his position in the line.

## General qualifications

In appraising his material early in the season, the coach may observe the following routine. The ideal type of end is a tall, rangy boy with a good pair of hands who is not only aggressive and clever but also a sure blocker and a deadly tackler. He must be exceptionally fast to race out for passes, come down under quick kicks and move in and out of the line. On offense he should block the defensive tackle or back, act as a decoy, catch passes and cover on kicks. On defense he is expected to turn in the play, strip the in-





terference, drift or crash as the situation demands and harry the passer and kicker.

As a rule the tackle should be a rugged, heavy and fast boy with a pair of strong arms and a zest for rough and ready work. On the offense he is expected to open holes in the line, run interference and occasionally catch passes. On defense he must nail the ball-carrier or turn the play in, dump interference, check the offensive end or back on pass plays, and also to rush the passer and kicker.

### Left: Pulling Out of Line

On a play to the right, the offensive linemen pull out of the line by stepping back with the right or rear foot; they keep low and run hard.

The modern guard must be a rugged type of player, a hard fighter and a man with powerful leg drive. He should be fast on his feet and a good blocker in the line and in the open field. His functions on offense follow: blocking the man in front of him, assist in double teaming, protecting the center after the snap, running interference, and dropping back to protect the passer. On defense he is responsible for the territory to the inside and directly in front of him. He should crack down on the spinner man and reach the ball-carrier if possible. If he cannot make the tackle, he should hold up the play until reinforcements come. He must also be able to protect against passes.

The center has a unique position. He can be compared to a drive shaft in an automobile with the quarterback as the steering wheel. If the shaft fails to function properly, the entire vehicle is thrown out of gear. The center should be the first man over the ball. He should be cool and relaxed as it is of vital importance to start each play with a perfect pass to the backfield. After the snap he must plug the center and perhaps go for secondary. On defense he should call all shifts in the line and special defensive formations. He should diagnose plays, tackle the ball-carrier, protect against passes, and back up the line at all times.

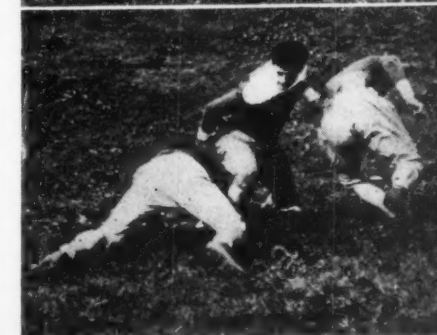
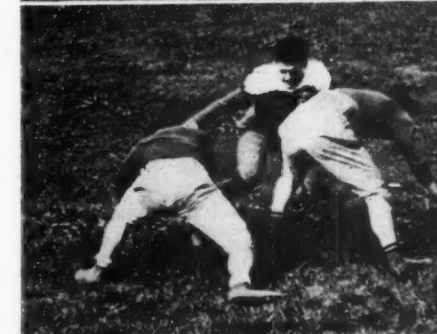
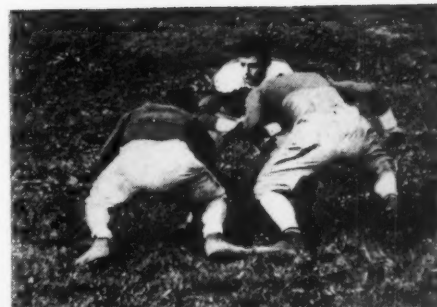
### Defensive assignments

On defense every lineman should carefully weigh such factors as down, yardage to go, and time to play in or-

### Right: Straight Arm Shiver

The defensive lineman is using a straight arm shiver followed by a knee and shoulder charge. Very effective against a slow-charging line.

der to shift to meet the opponents' strength. The end should play about two or three yards out from his tackle, in a three-point stance. He should charge across the line of scrimmage with the snap of the ball, sift through the interference and get the ball-carrier if possible. If he cannot nail the man, he should hold up the interference and fight it off until help comes. If the backs and interference are







grouped together, the end can dump the blockers by throwing his body in their path. An end should never throw his body at less than three men.

Tackles usually play in front of the wingback or slightly outside the end. When the offense has big yardage to go, the tackle, from a three-point stance, first charges the end and then the wingback. The opposite holds true with small yardage to go; the wing is hit first and then the end. The tackle should keep low and drive in hard.

### Left: End Pivot

By delaying his break and pivoting away from the ultimate spot of reception, the end masks the pass and its direction as long as possible.

The guards are responsible for all the territory from center to points slightly inside the defensive tackles. The defensive left guard usually plays between the two offensive tackles on the strong side, and the defensive right guard plays off the shoulder of the center that is closest to the strong-side guard. The defensive guards are seldom spectacular but, nevertheless, are essential cogs in the defense. They protect the backers-up against the assaults of the inside men on the offensive line; they must be in position to tackle anyone smashing through their territory; and must fade out to protect against passes as well as rush the passer. On kicks they rush the punter.

### Defensive stunts

In the category of defensive stunts we have placed submarining, straight arm shiver and the landing-on-all-fours dive.

The objective of the submarine charge is to stop mass plays by sneaking under two offensive players and rising fast. The lineman, usually a guard, dives between the two offensive men on hands and knees, drives hard with his legs and raises his head with a bull-neck when he gets through. The secret of the submarine is to get under fast and rise fast. The "submariner" can make the maneuver more deceiving by first faking a high charge.

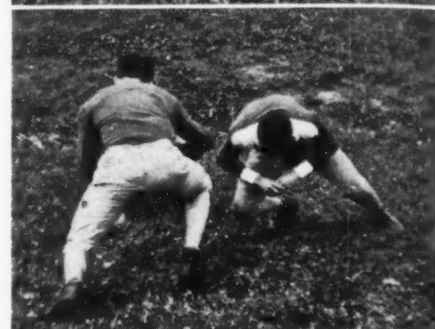
In the straight arm shiver the lineman contacts both shoulders of his opponent with the heel of his hands and drives him back and up. The defensive player can keep the blocker away from

### Right: Tackle Play

With long yardage to go, the defensive tackle first smacks the end and then charges the wingback. He really plays off one into the other.

his body by hitting him with straight arms. Properly executed, the straight arm shiver will check an opponent on the line of scrimmage.

The landing-on-all-fours dive (over the top) is a dangerous but effective weapon to use against low charging linemen. The defensive player fakes a low charge and then hurls himself over and between his opponents. He lands on all fours and continues driving towards the ball-carrier.





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# From Coaching School Notebooks

Lynn Waldorf

Reported by Standard Lambert  
Texas H. S. Coaches' Assn.

IT WAS old home week for Lynn Waldorf at the coaching school sponsored by the Texas High School Football Coaches' Association at Lubbock, Tex. Before taking over the helm at Northwestern in 1935, Waldorf had coached college football for ten years in the Southwest. Many of the 400 coaches who attended the Texas coaching school were close students of the Waldorf system and were there to check notes with the master.

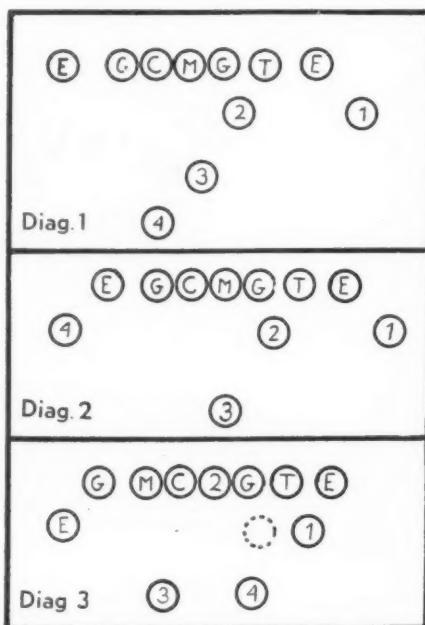
Waldorf gave a complete course on his offense which consists of three basic formations—the single wingback, the double wingback and the “cockeyed” formation. In all of his unbalanced line formations, the strong-side guard and tackle are split a foot apart. The Northwestern coach believes that this peculiar split helps his outside tackle pull out of the line and assists in spreading the defense.

In the single wing (Diag. 1), the 3 back takes a position about three yards back of the line of scrimmage with his head directly on line with the middle man's right leg. The 2 back assumes a similar position behind the outside guard, but is only one yard back. The wingback is one yard out and one yard back of the strong-side end and the tailback lines up four or five yards directly behind the center. The strong-side tackle and end play with a two-foot hole between them. A yard and a half separates the left end and guard. Waldorf calls the player next to the center the middle man. He is the big, slow man in Waldorf's offense, and, consequently, the guard next to him does all the pulling out. The middle man plays left tackle on defense.

In Northwestern's double wingback formation (Diag. 2), the wings play a yard out and back of the ends. The 3, or tailback, lines up three or four yards directly behind the middle man, and not behind the center. On all plays inside and outside tackle the 2 back takes the end alone. A man who can do the job consistently will “make” this offense.

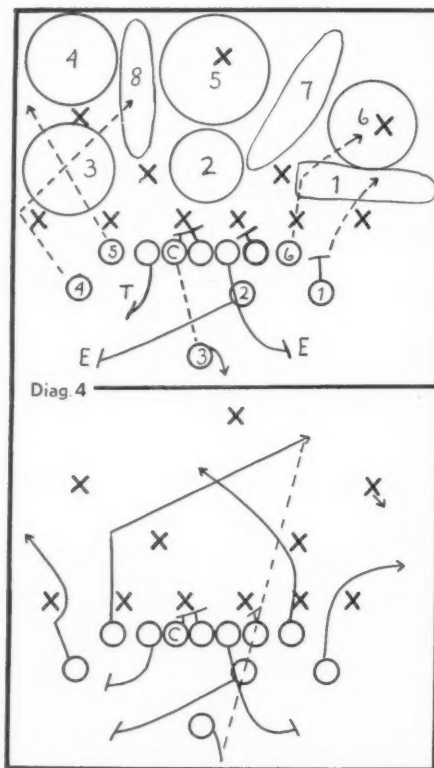
Waldorf likes the double wingback for the following reasons: (1) It spreads the defense. (2) It is an ideal formation for deception. This, to a great extent, offsets the difficulty of timing. (3) After using the double wing for a half or more, the sustained concentration of power wears down the defense.

He listed the disadvantages as follows: (1) It takes the ball a long time to get to the point of attack, thus requiring good linemen and long contact blocking. (2) The fact that the double wing is a shallow formation makes it



Basic Formations

Lynn Waldorf's Northwestern team operates from any one of three offensive formations: the single wingback (Diag. 1), the double wingback (Diag. 2) or the “cockeyed” formation (Diag. 3), a combination of both and others.



Pass Pattern

In Northwestern's ingenious pass offense both the receivers and the defensive zones are numbered as shown in the upper diagram. Hence, according to this system, the play in the lower diagram must be 99, 5-6, a pass from a double wingback formation to the 5 man in the 6 zone. Note how the other potential receivers clear out the zone. The right end holds up the safety.

impossible to swing around end quickly. (3) Since the ball is handled at least twice on most plays and the interference is usually massed, the attack is very difficult to time.

The “cockeyed” formation in Diag. 3 is so named because it is a cross between a double wing, a single wing, punt and others. The players drop into it in the following manner: After coming out of the huddle into a double wing, they call another hike and the middle man goes to left guard, the left guard to left end, the left end to the 3 back position, 3 back to 4 back, and 2 back into the spot vacated by the middle man in the line. The right end hips out wider (one and a half to two yards outside tackle) and the wingback slips into the slot or the position indicated by the dotted circle. It is a favorite Northwestern passing formation.

Waldorf's ideas on pass offense represented something radically different to most of the high school coaches. Diag. 4 outlines his plan. The Northwestern coach numbers his offensive receivers and the defensive zones. The dotted lines show his basic passes from a double wingback formation.

Almost any pass pattern can be woven into Waldorf's system. To take a hypothetical case, suppose the quarterback calls for a pass play numbered 99. When he relays that number to the players it tells them two things—the formation to be used and the manner of protecting the passer. But if he calls 99, 6-6, it implies several additional facts; that they must try to get the number 6 man open in the 6 zone and that the pass is going to be thrown from a double wing.

The advantages of such a system are two-fold: first, it gives much elasticity to the passing game; and, second, it sells the decoys on the necessity of clearing out a zone rather than merely trotting down the field.

Waldorf uses this system from all formations including the long punt. He numbers the men as indicated and designates the zones as he would the defensive holes on running plays. He discusses the pass offense with his quarterbacks and diagrams many patterns for them. But the selection of pass plays on the field is left to the judgment of the quarterback, depending on how the opponents are covering.

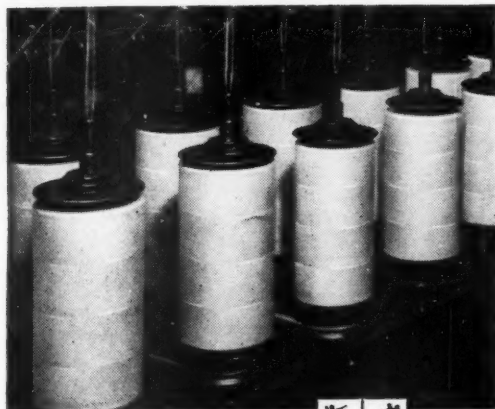
During the regular season Waldorf keeps a complete record of the yards gained or lost on each Northwestern play. He frequently referred to these statistics while he was diagramming his pet plays on the blackboard. He cited the exact number of times each play was called in each of his three years at Northwestern, and how the turnover of material affected the success and failure of certain plays.

Waldorf recommends an average of 60 plays a game. If a team employs less than 60, they are not varying their

(Continued on page 44)



## Wear a supporter made under sanitary conditions



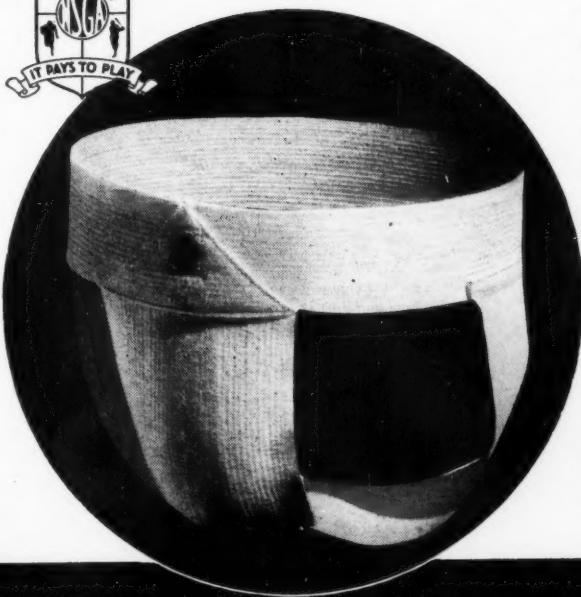
### 2 out of 3 athletes wear Bike

ALL over the country coaches and trainers realize the importance of keeping athletes in top condition at all times. And these same coaches and trainers carefully supervise training table diets—see that nothing but the most wholesome food is served—make sure their men have plenty of rest, and most important of all, they insist on the finest athletic equipment. That's why they thoroughly investigate the kind of supporters to be used by the athletes in their charge—make sure that they are properly made—under the most sanitary conditions.

Do you know how the supporters you buy are made? Are you sure they are constructed of good materials—the kind of materials that will stand up—won't fray or lose their elasticity? And are you sure that the supporters you buy are made under really sanitary conditions? Can you afford to take chances with unsanitary supporters carelessly made—perhaps in actually unclean surroundings?

Don't gamble on this most important item of athletic equipment. Play safe with a supporter you know about! A supporter that gives the maximum safety, comfort, and economy. A supporter that is worn by 2 out of 3 athletes.\* That supporter is Bike! Ask for Bike when you buy!

Bike athletic supporters are made from the very finest materials under the most modern scientific and sanitary conditions, equalled only in the manufacture of delicate surgical dressings. Each supporter is made with the greatest care and painstaking workmanship to meet urgent requirements on every point. When you buy a Bike supporter you know that you have a supporter that you can depend on.



\*Impartial survey by A. C. Nielsen Co., revealed 2 out of 3 athletes wear Bike.



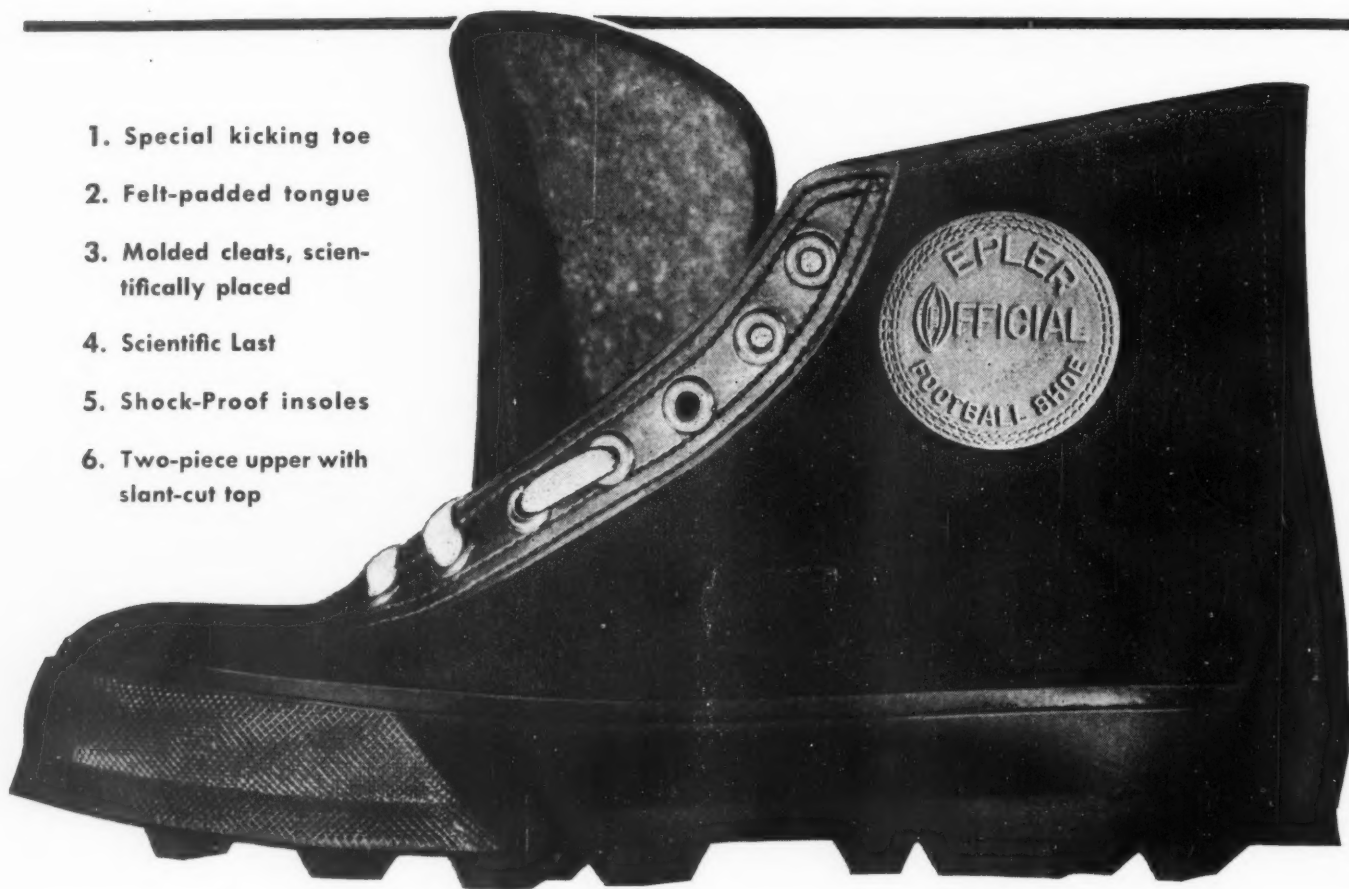
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# *Here is the* **EPLER OFFICIAL**

## Six-man football shoe

---

1. Special kicking toe
2. Felt-padded tongue
3. Molded cleats, scientifically placed
4. Scientific Last
5. Shock-Proof insoles
6. Two-piece upper with slant-cut top



**W**HEN Stephen Epler invented Six-Man football, he gave a major sport to the thousands of boys enrolled in schools for which the eleven-man game is impractical. When he worked with "U.S." Rubber, the makers of KEDS, to design a shoe for "six-man," he rendered additional service to boys already playing the game. The Epler Official shoe is built for safety in a fast, strenuous game. Its price is well within the limits of the average budget.

The special kicking toe is constructed for both drop and place kicking. A heavy pebbled bumper gives true flight to the ball.

For protection of punters, the tongue is padded with felt. Molded cleats are scientifically placed for lateral as well as forward motion—for digging power and body balance.

In addition to its specialized features, the Epler Official has the advantages which have made Keds general favorites for all sports. The famous Scientific Last assures foot freedom and gives digging power to every toe. The two-piece duck upper has a slant-cut top for comfort at the heel cord. Shock-Proof insoles help stretch the team's stamina to the final whistle.

**THE EPLER OFFICIAL IS A GOOD SHOE FOR SOCCER, LACROSSE, AND SOFTBALL PLAYERS**

# The new COMET for Basketball and Gymnasium

*After working for two years with leading teams and coaches, "U.S." brings out its finest Fabric basketball shoe. A special last has been designed for the footwork that distinguishes varsity men. Flexible Arch Cushions lend extra support in stop-and-go play. Non-slip fabric insoles enmesh with woolen socks. Two-piece shaped, duck uppers are built high for ankle protection. Slant-cut tops. Colors to match or harmonize with school uniforms.*



SHOCK-PROOF INSOLE



SCIENTIFIC LAST

## SPEEDARCH

*For a lightweight but sturdy basketball and gymnasium shoe, junior athletes turn to Keds Speedarch. They like the Keds Scientific Last, Shock-Proof insoles, Flexible Arch Cushions and two-piece, shaped uppers with slant-cut tops. Four layers of fabric at the vamp resist the hard wear of strenuous play.*

*Floor-gripping soles.  
Black or brown.*

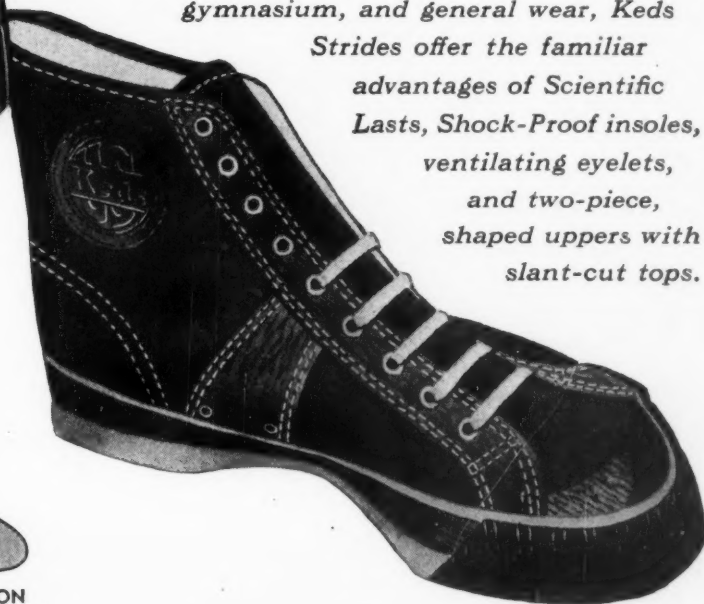


FLEXIBLE ARCH CUSHION



**STRIDE** *Long standing favorites among boys for intramural basketball, for gymnasium, and general wear, Keds*

*Strides offer the familiar advantages of Scientific Lasts, Shock-Proof insoles, ventilating eyelets, and two-piece, shaped uppers with slant-cut tops.*

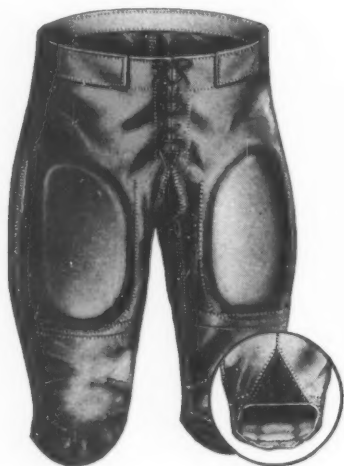




# RED FOX

## ATHLETIC CLOTHING

*Looks Better—Lasts Longer*



### Equipment for 11 Man and 6 Man Football

Write for Catalog showing Complete Line.

Almost any Uniform is stronger than necessary in some parts. It is the weak spots in the fabric that cause the trouble and these are detected only after being put into play.

Because Red Fox products are so high in quality, some have believed they are also high in price.

This is a misconception and decidedly not true.

**Investigate Before You Buy**

**COMPARE GARMENTS**

**COMPARE PRICES**

**CULLUM & BOREN CO.**  
**DALLAS, TEXAS**

**FREE** Obtain better service from your equipment by filling in below.

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CULLUM & BOREN CO.,  
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Please send your free chart on the "Proper Care of Equipment," and Fall & Winter Catalog.  
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City..... State.....  
Name of your Regular Athletic Goods Distributor.....  
City..... State.....

### DIFFERENCES IN NATIONAL FEDERATION AND N.C.A.A. RULES

#### EQUIPMENT

##### NAT. FED.

Players must wear head protectors.

##### N. C. A. A.

Wearing of head protector is optional.

#### SUBSTITUTIONS

##### NAT. FED.

Substitute may communicate with teammates after reporting.  
A substitute may start the fourth quarter or enter during that quarter, be taken out and sent back in. This is to prevent keeping an injured player in the game.  
A lineman who has been legally shifted to the backfield may return in a subsequent quarter.

##### N. C. A. A.

Substitute may not communicate.  
The extra fourth quarter re-entry is not allowed.  
A shifted lineman may not return to the line.

#### RULES OF ENFORCEMENT

##### NAT. FED.

Penalty for a foul in the scrimmage zone can not result in the ball being carried more than half the distance to the goal line.  
Distance penalty for a disqualifying foul is 15 yards. Enforcement is same as for any unnecessary roughness foul.

##### N. C. A. A.

This applies only inside the one yard line.  
Penalty for above foul is loss of half the distance and exceptions to general rules are made if such a foul is one of a double foul or happens during a free ball or on a play during which there is a major incomplection.

#### FORWARD PASSES

##### NAT. FED.

Forward passer may be at any point behind line of scrimmage.  
Penalty for a forward pass from beyond the line is 5 yards and loss of down from the spot of the pass. This applies even though the pass is incomplete in the end zone. Thus, a team receives credit for distance legally gained prior to the pass.  
Penalty for a pass not from scrimmage is the same as for a pass from beyond the line.  
Handing the ball forward to an eligible teammate one yard behind the line is not a forward pass, and if a pass accidentally strikes an ineligible player in the line it is not a major incomplection.

##### N. C. A. A.

Passer must be 5 yards behind line of scrimmage.  
Penalty for above pass is loss of down from previous spot and in some cases it results in a touchback.  
Penalty for above pass is 15 yards from spot of the pass.  
Handing the ball forward is a forward pass, and touching such a player in the line is a major incomplection.

#### KICKS

##### NAT. FED.

A kicked ball remains a kicked ball until it has been in possession. Scrimmage ends with change of possession.  
A punt is not allowed on any free kick and no free kick may be made from a side zone.  
Accidental kicking of the ball is treated the same as if the ball had been merely touched.  
Penalty for any foul committed by the receivers simultaneously with or subsequent to the illegal touching of the kicked ball by the kickers may be declined.

##### N. C. A. A.

A kicked ball remains a kicked ball until the end of the down even though possession might change several times. Consequently if a foul happens any time during the down it is a foul during a kicked ball. Exception is made for kick that does not cross line. Scrimmage continues until down ends.  
Punt is not allowed on kick-off but may be used after safety or fair catch. Some free kicks may be from the side zone, others cannot.  
Accidental kicking is treated the same as intentional kicking if the ball strikes the foot.  
A provision for a similar situation applies only to those fouls which are classified as personal fouls and would not apply to such fouls as holding.

#### OUT OF BOUNDS

##### NAT. FED.

A foul occurring after the ball is out of bounds between the goal lines, is considered a foul between downs since the ball was dead before the foul happened. Consequently penalty for any such foul is enforced from the succeeding spot which is usually the inbounds spot.  
Strict enforcement of penalty for tackling a runner who is out of bounds is made mandatory.  
If ball is touched simultaneously by two opposing players and goes out of bounds it is awarded to opponents of team last in possession.

##### N. C. A. A.

For above foul the spot of enforcement varies depending on whether it is in the field or outside and whether or not it is against the runner.  
Rule on tackling out of bounds is not as rigid.  
In similar situation ball is awarded to team which did not put ball in play even though possession may have changed.

# *An important message to all athletes . . . . .*

*by*

## ★ **RAY MORRISON**

**Football Coach, Vanderbilt Univ.**

● When you turn this page you will find a new poster which carries a message of tremendous importance to every one of your players—a message by Ray Morrison of Vanderbilt, on the most vital subject in athletics, "Condition." The words of Coach Morrison—like those of Andy Kerr, Amos Alonzo Stagg, Matt Mann, and Archie Hahn in previous posters of this series—will help you drive home a cardinal training rule.

### *How To Use This Poster*

This poster, strikingly printed in two colors, appears on the next two pages. We have placed it here so that you can be certain to have a copy. Remember, as an athletic director and coach, you have a greater opportunity to influence the development of the students in your school than most other members of the faculty. This poster offers you a chance to make that influence more effective than ever before.

The poster can be easily removed without in any way damaging your copy of Scholastic Coach. With a knife, or letter opener, just fold back the two staples in the center of the spread and lift out the poster. Then mount it on your bulletin board, where its message can be read not only by the members of athletic squads, but also by all other students in your school.

If you wish additional posters, we will gladly send you any number up to five from the limited supply we now have. If for some special reason you desire a larger quantity we will endeavor to fill your order. Write direct to this office or use the Mastercoupon on the last page of this magazine.

*A New  
Poster  
on*  
**RULE NO. 1**

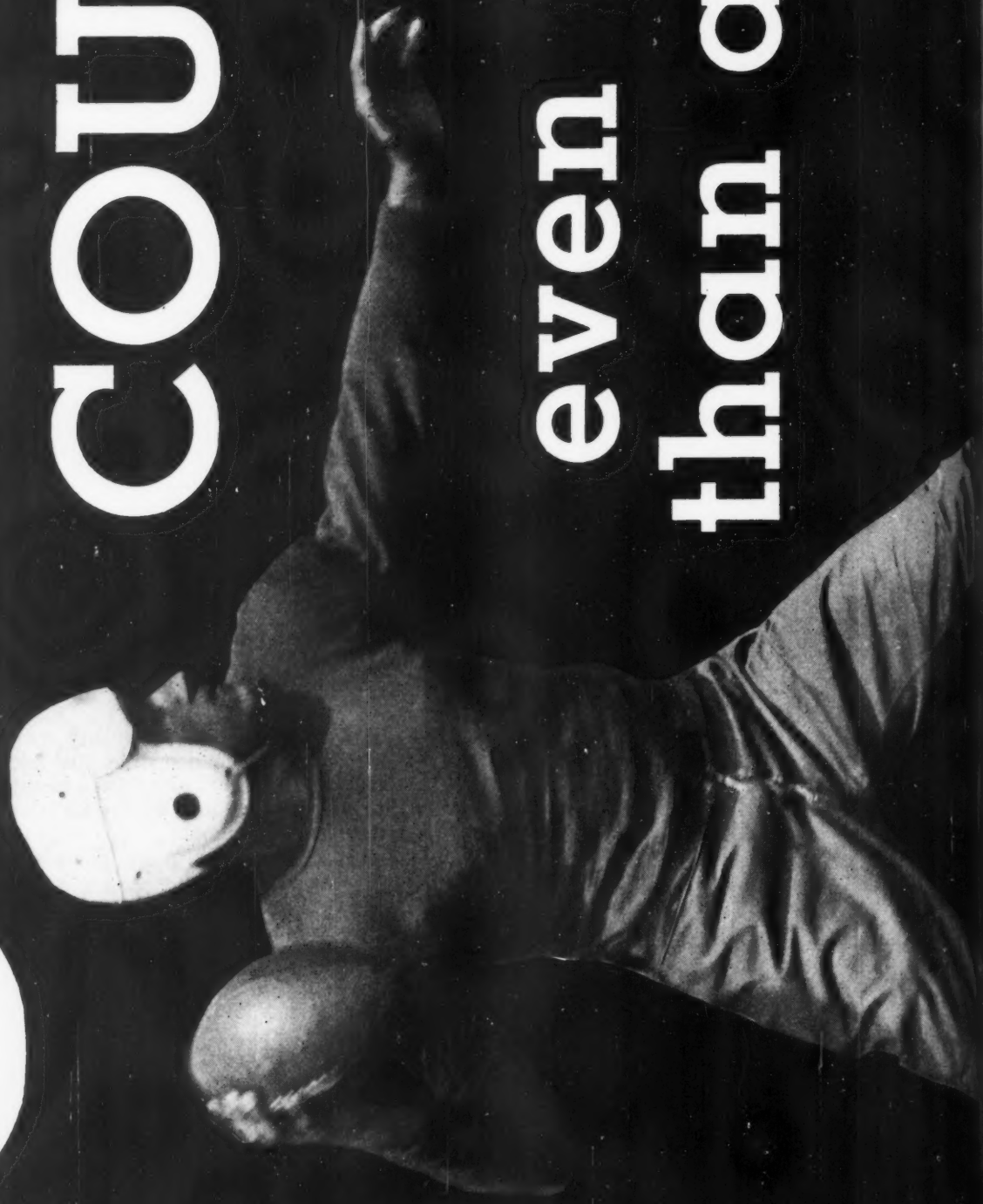
**ALCOHOL EDUCATION, 1730 CHICAGO AVE., EVANSTON, ILL.**





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# CONDITION COUNTS



even more  
than ability

BUT AREN'T YOU EVER  
TEMPTED TO BREAK  
TRAINING FOR A CUP  
OF COFFEE?

NOT SINCE THE COACH  
PUT THE SQUAD ON  
GOOD HOT POSTUM!



**This year get all your boys** off to a good start...start them drinking Postum instead of coffee!

For Postum, you know, is entirely free from the caffeine which can impair an athlete's physical fitness. And Postum's distinctive, pleasing aroma, steaming warmth, and full-bodied flavor make it an ideal training table drink.

"Coffee has no place on an athlete's menu," says Hooks Mylin, Football Coach at Lafayette College.

"Because," Hooks continues, "coffee contains caffeine, a drug stimulant that can upset digestion, fray the nerves, and

prevent sound sleep. I recommend Postum because it contains no caffeine, and because athletes enjoy its cheering warmth and delicious flavor."

#### Start YOUR boys now!

Insist that Postum be served at your training table, or in



Coach **HOOKS MYLIN**  
"coffee has no place..."

your boys' homes. Put it on your "must" list right now! Postum is simply whole wheat and bran, roasted and slightly sweetened. It is easy to make, and costs only about 1/2¢ a cup. A General Foods Product.

**FREE!** **ANDY KERR'S** famous booklet, "Attack in Football." In this interesting and instructive booklet, Coach Kerr has graphically described various systems of attack and the part each man plays in them, illustrating his text with diagrams showing basic movements. We will send you, free, as many copies as you need for your squad. Also as many trial packages of Postum as you need for your team and candidates.

(See directions at the right)

#### How To Order

Simply send your name and address, stating how many copies of "Attack in Football" and how many sample tins of Postum you would like. Address General Foods, Dept. SC, Battle Creek, Michigan. (If you live in Canada, address General Foods, Ltd., Cobourg, Ontario.) Or if you prefer, use the Scholastic Coach Master Coupon in the back of this issue.

(This offer expires June 30, 1939)



FOOT

A circular, black and white portrait of a middle-aged man with a serious expression. He is wearing a dark suit jacket, a light-colored shirt, and a dark tie. The portrait is set within a circular frame that has a slightly distressed or aged appearance.

"Coffee can often cause nervousness and indigestion. Postum, on the other hand, contains no caffeine, and cannot cause any harmful effects."—**ROLAND BEVAN**, Head Trainer, Dartmouth College.

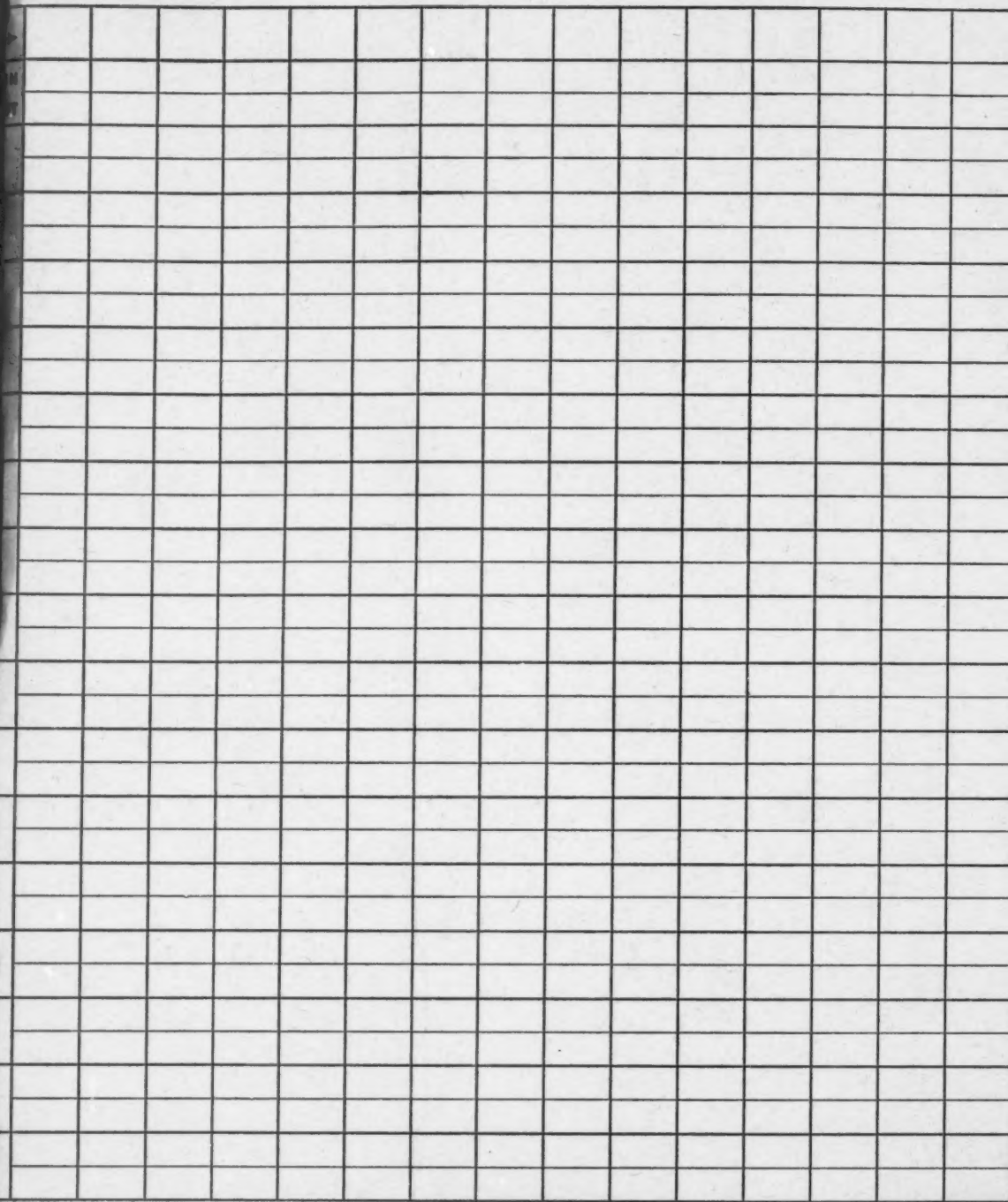
[illegible]

1. Exercise regularly every day.
2. Sleep at least 8 hours out of 24.
3. Keep out of doors in the fresh air and sunshine.
4. Eat only plain, wholesome food.
5. Drink at least 8 glasses of water every day.
6. Make sure you eliminate regularly every day.
7. Avoid tea and coffee—drink plenty of milk.  
Use a warm drink—such as Postum, with meals.



# IT CHART

## daily



ES

me food.

of water every day.

regularly every day.



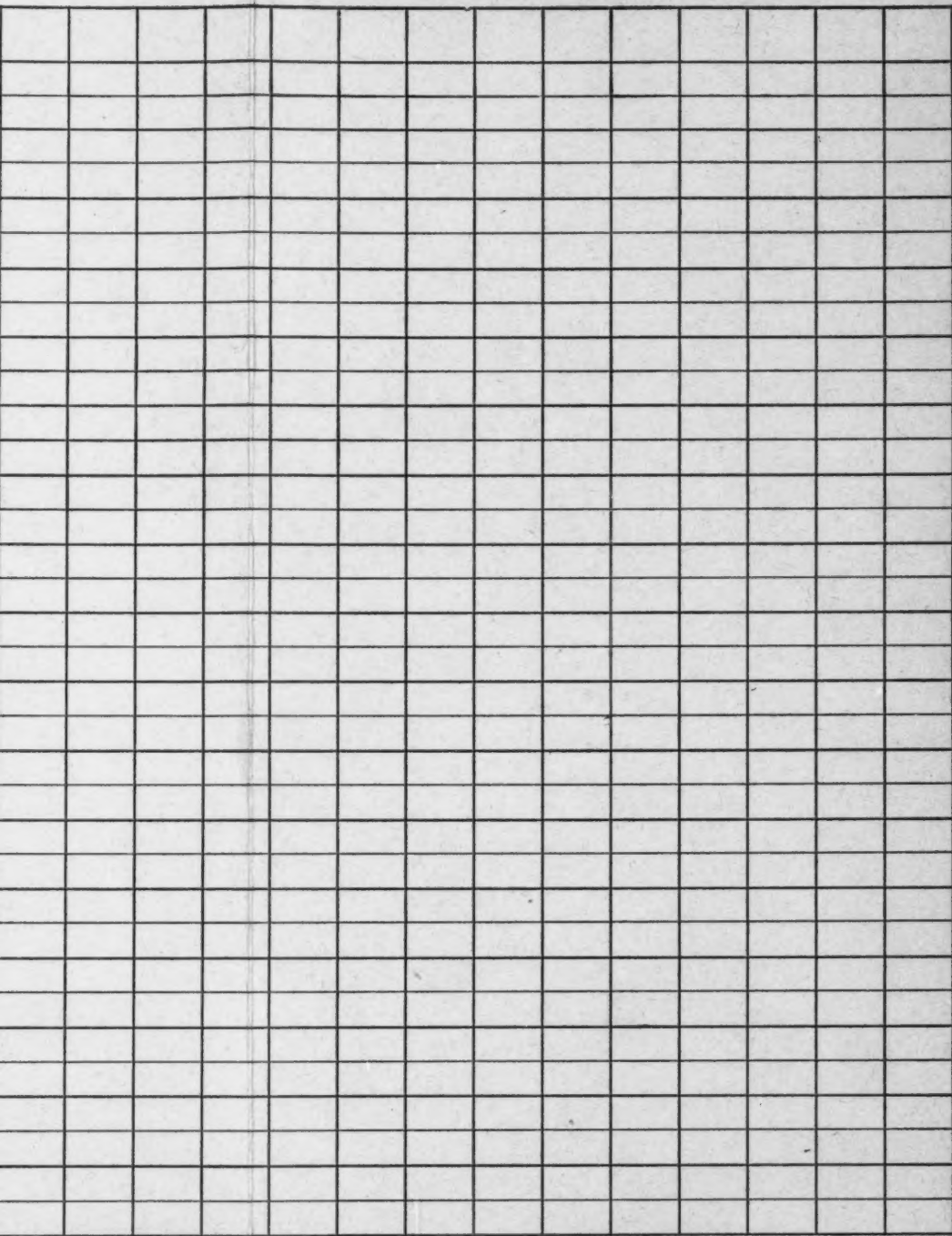
"Coffee has no place on an athlete's menu. I recommend Postum because it contains no caffeine, and because athletes enjoy its cheering warmth and delicious flavor."—E. E. "HOOKS" MYLIN, Football Coach, Lafayette College.



"Sound, restful sleep is for any athlete. Postum and helps make restful."—"TINY" THORNHILL, University.

# POST THIS WEIGHT CHART ON YOUR TRAINING ROOM BULLETIN BOARD

IT IS EASILY REMOVED FROM THE MAGAZINE



restful sleep is a prime training requisite  
athlete. Postum does not affect the nerves  
make restful sleep possible."—C. E.  
THORNHILL, Football Coach, Stanford  
Y.



"Postum is an ideal meal-time drink for athletes,  
because it cannot cause any harmful after-effects."  
—FRANCIS A. SCHMIDT, Football Coach, Ohio  
State University.





## IRON MEN AND HOW TO BUILD THEM



By *Glenn V. Warner*

FOOTBALL COACH  
TEMPLE UNIVERSITY

An "Iron Man" is a man who can "take it." Size and weight have very little to do with it. For the one big thing that makes an "Iron Man" is *physical fitness!*

Training for physical fitness isn't hard. Habit is the big thing. Occasional spurts of training do no good. You must *stick to it*. On this page I have outlined briefly the basic program I have used in training athletes. It's a simple program ...but it builds "Iron Men"!

**SLEEP...** Get plenty of sound sleep. Go to bed early...and at the same time every night. If you are actively engaged in athletics, you'll need a little more than 8 hours of sleep.

**KEEP OUT OF DOORS...** Get plenty of fresh air and sunshine. Be out of doors every day, if only for ten minutes.

**YOUR EXERCISE...** Exercise properly and regularly. Do your setting-up exercises vigorously and earnestly until you feel a bit tired ...then quit. Don't over-do it. Any of the regular setting-up exercises will do, but choose them so that

each part of your body gets the same amount of exercising as every other part.

**HOW TO EAT...** Eat at regular hours...and take your time. Chew your food thoroughly. Eat generously of the leafy vegetables. All fruits are excellent. Eat sparingly of rich desserts, pastry, candy, and highly seasoned and fried foods. Avoid spirituous drinks and soda waters containing artificial syrups. A warm drink with meals is desirable, but I try to discourage my football players from using coffee. It is inclined to interfere with sleep, and many coaches now forbid its use altogether.



**TEAR OUT THIS  
WEIGHT CHART  
AND POST IT ON  
YOUR BULLETIN BOARD**

*Says* **RAY MORRISON**





# THE EFFECT OF ALCOHOL ON *Judgment*

## Psychological Facts in Alcohol Education for Coaches and Physical Education Directors

**E**VERYONE has experienced the disastrous effects which fatigue, or loss of sleep, has on one's judgment.

The effect of alcohol is even more pronounced in chilling the senses, in distorting the normal functioning of the mind, and in impairing judgment.

The first thing which alcohol does is to attack the higher functions, the parts of the brain which control judgment, reason and behavior. It affects the cortex of the brain, or cerebrum, which directs our thoughts and actions.

In the cerebrum are the nerve centers which tell us the meaning of the "messages" which are received from the sensory nerves, and which enable us to decide what to do. When these nerve centers are impaired, as they are by alcohol, it is impossible for the mind to evaluate the "messages" which are received from the sensory nerves. As a result, the "messages" are "mis-read," just as a telegram might be mis-read by a person with faulty vision—and a decision is made which otherwise would be rejected.

This upper part of the brain, in addition to receiving and acting on "messages" from the sensory nerves, keeps many other centers from acting. This very important process is called "inhibition." If it were not for normal inhibition, all caution would be thrown to the winds, and we would act upon every impulse.

Alcohol removes inhibition, and with it goes caution and judgment which are essential to sound decisions.

Only by keeping alcohol out of the system—and therefore away from that vital organ, the cerebrum—can an athlete maintain not only perfect physical condition, but also that perfect mental condition which enables him to use good judgment.

The athlete who "comes through in the pinches"—the athlete whose mind is functioning at all times like a smoothly-running motor—is the athlete who has refused to let alcohol cause him to make decisions that are either too hasty or too slow.

# Take the **OFFENSE!** LET *Southern's* **ALL-STAR** **KNIT GOODS**



A STYLE FOR EVERY FANCY – A PRICE FOR EVERY PURSE

- ★ Rayon, Durene and Cotton Football Jerseys
- ★ Cotton Sweat Shirts and Pants
- ★ Quarter Sleeve and Gym Shirts
- ★ Rayon Fleece Warm-Up Suits
- ★ Cotton Fleece and Unfleece Warm-Up Suits
- ★ Tank Suits and Swim Trunks
- ★ Basketball Jerseys and Pants
- ★ Floxall Processed Lettering and Stenciling
- ★ Satin, Felt and Canvas Lettering
- ★ High Quality Dyes
- ★ Serviceable and Correctly Tailored Garments
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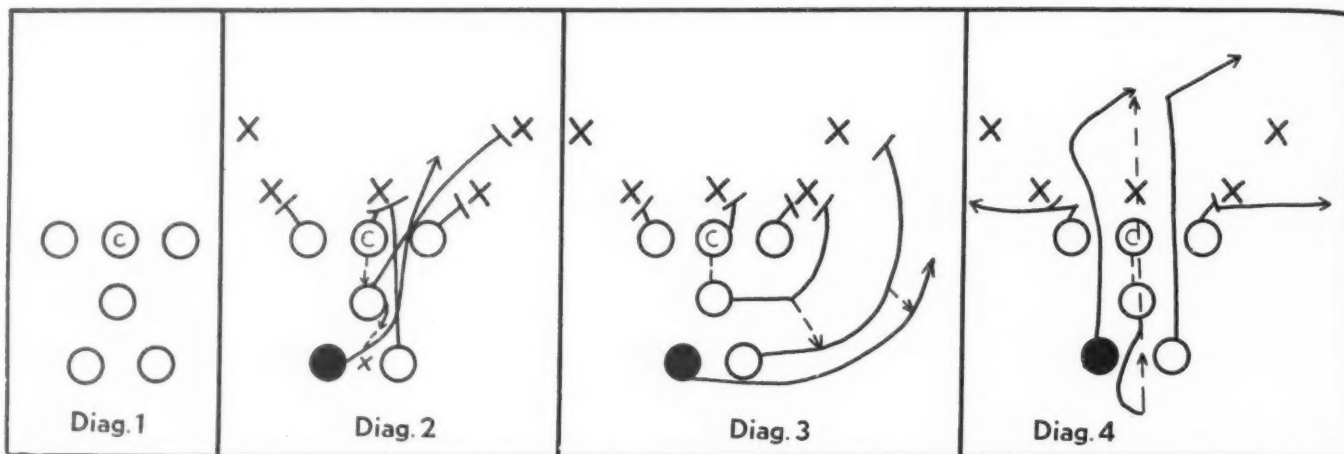
Sold through leading sporting goods distributors and dealers throughout the United States. Ask your dealer to show you samples and see the marvelous quality and economy of our knit goods. Or, if you prefer, address your inquiry to us and we will have our nearest dealer contact you promptly.

**LARGEST EXCLUSIVE MANUFACTURERS OF ATHLETIC KNITWEAR**

**S**

FROM THE RAW MATERIAL TO THE FINISHED PRODUCT.





## FORMATIONS FOR SIX-MAN FOOTBALL

By C. L. Grovert

Although C. L. Grovert is now coaching regulation football at Wauneta, Neb., High School, he has had considerable experience with six-man football and still takes an active interest in the game. The Parks High six-man team he coached in 1936 was runner-up for the Nebraska championship.

**E**ARLY in the school year the administration and athletic heads in hundreds of our small high schools are faced with the problem of instituting some type of fall athletic program. During a period when athletic interest in most of the larger schools is at its peak with football occupying the limelight, a large proportion of our smaller schools must remain idle because they cannot afford to maintain a regular football team. This is particularly distressing since most boys are attracted to the game and would welcome a chance to play it. Six-man football may be the solution to the problem.

The six-man game is regulation football with six players on a side; it should not be confused with pass or touch football. All the same fundamentals and the basic features of eleven-man football, such as blocking and tackling, apply to the six-man game.

### Growth of game

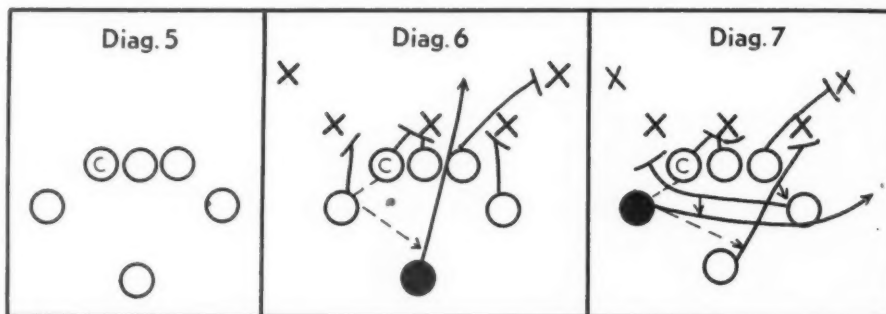
The game was devised by Stephen Epler in 1934 while he was coaching at a small high school in Chester, Neb. Realizing the demand for a fall sport in the small high school which lacked the material and manpower to play regular football, he set to work and originated six-man football. The first six-man game was played on September 26, 1934. Only a few schools played the game that season, but the following year many of the small schools in Nebraska, as well as schools in other midwestern states, adopted the game as part of their athletic program. Hundreds of schools in all sections of the country will play six-man football in 1938.

It is possible within a few years that high school six-man teams will pro-

duce many of our outstanding college players. The wide open six-man game is an excellent training school to develop superior blockers and tacklers. Seldom do we find any two-on-one blocking assignments as we have in regular football. The six-man player must take the man by himself. And once the player has mastered the ability to take a man by himself he has accomplished a great deal as far as fundamentals are concerned.

and passes back to the fullback who smashes between the center and end. The ends block out the defensive ends, the center and the halfback block the center and the quarterback leads the play.

The end run from a "T" formation (Diag. 3) is an excellent play for fast men. The ball is snapped to the quarterback who starts to run laterally along the line of scrimmage. As he comes to a point where he can help his



### Formations and plays

The six-man game also develops exceptional ball-handling ability, something we seldom see in the average high school football game. On all running plays in six-man the rules require a second pass, either backward or laterally, after the snap from center. This is a major factor in developing the players' ball-handling talents. Note in the accompany series of formations and plays how freely the ball is handled by the backs.

The complementary pass rule makes the "T" formation in Diag. 1 a good all-round formation for passing and running. The ends play about a yard or a yard and a half outside the center, the quarterback is under the center and the half and fullback about five yards behind the line of scrimmage directly back of the hole between the center and ends.

Diag. 2 shows a line plunge from this formation. The center passes the ball to the quarterback who fakes to the halfback driving through, then pivots

end block the defensive end, he passes to the halfback. The latter, in turn, laterals to the fullback who has been trailing the play all the way through.

Diag. 4 outlines a pass from the "T." The quarterback receives the ball from center, fakes to either of the backs driving through, then fades back about five to ten yards and passes to the fullback right down the alley. The ends check and then cut to the sidelines.

### Double wingback

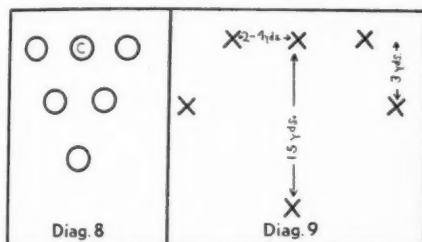
The double wingback formation with an unbalanced line (Diag. 5) is another formation that has been used with excellent results. The ends line up either to the right or left and close to the center. The quarterback is about a yard back of the line and a yard out from the center. The halfback plays out a yard from the end and a yard back of the line of scrimmage. The fullback lines up three to five yards directly back of the inside end.

A line plunge from a double wingback formation is outlined in Diag. 6.

The ball is snapped back to the quarterback who makes a half pivot and passes to the fullback driving into the line. The halfback takes the end, and the center and inside end block the defensive center. The outside end goes down after secondary while the quarterback throws a high body block on the defensive end.

The double reverse from the double wingback (Diag. 7) is a companion play to the line plunge and requires good blocking and timing. The ball is passed to the quarterback who half pivots and passes to the fullback. The latter fakes a drive into the line and hands the ball to the halfback who is starting to the left. The fullback goes in front of the runner and blocks the end while the halfback is slipping the ball to the quarterback who circles right end. The halfback blocks the defensive right end, the center and inside end work on the defensive center, and the outside end goes after the nearest defensive back.

A third popular formation is the punt formation in Diag. 8. The ends line up a yard or two outside of center. The quarterback and halfback are about two yards back of the line of scrimmage with the fullback from four to five yards back of the line.

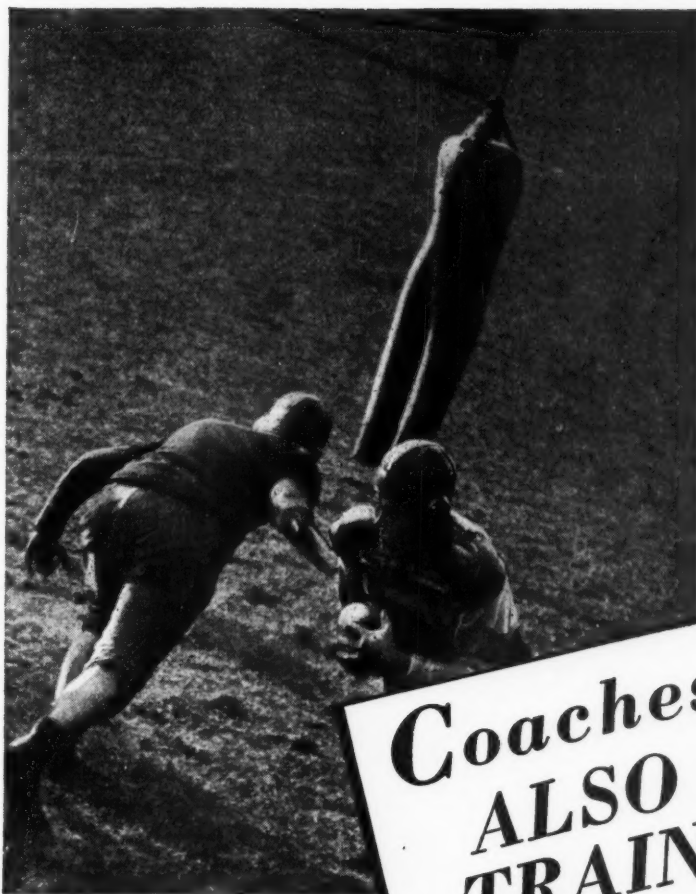


### Defensive formation

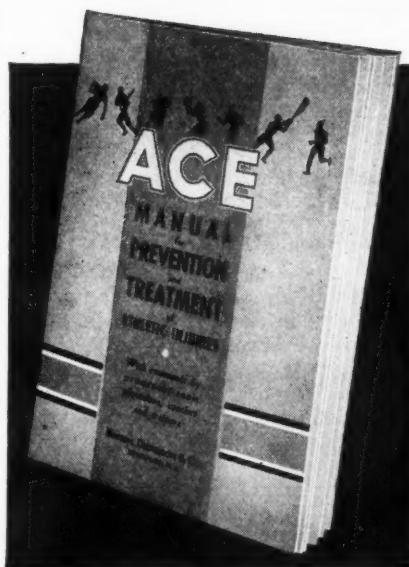
There are several types of defensive formations, all of which, as in regulation football, must be shifted according to the offensive alignment, the game situation and the strength of the individual offensive players. The most common defensive formation and probably the strongest is the 3-2-1 outlined in Diag. 9. The ends play from 2 to 4 yards outside the center, the halfback and fullback line up about three yards back of the scrimmage line, and the quarterback drops back about 15 yards in the safety position, depending upon the situation. The safety man should always be in a position to meet running plays and passes or to drop back for kicks.

The 3-2-1 is powerful against a running attack but weak on short passes over center. The 3-1-2 provides ample protection against deep passes but is vulnerable against a flat passing attack and end runs. A 4-2 will probably stop any running attack dead but affords little security against an aerial game.

It is possible to use almost any type of offensive or defensive formation, but none will be successful if the boys are unable to block and tackle. Intensive drills in fundamentals is the key to all success in six-man football.



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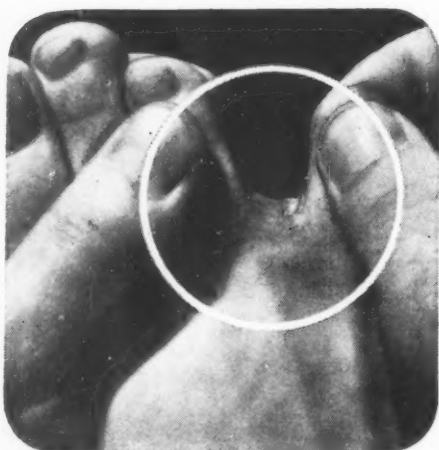
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# Nat'l Federation News

**W**E ARE now in the midst of a transition period between the old sewed type of ball and the new molded ball. Adoption of the new type ball by most of the central and western states indicates that the molded type ball is here to stay. The result is a vast saving to the schools of the nation. This is due to the fact that such balls are perfect in shape when they are constructed and retain this perfect shape two or three times as long as the old type ball.

The transition period raises several questions in the minds of most purchasers of athletic supplies. To date, football construction has been delayed while further experimentation is conducted to determine proper reaction. As a result, molded footballs are not legal except by mutual consent of both teams or by conference adoption. The progress that has been made in the last few months on such products indicates that it is only a question of time until the molded football will be as successful as the molded basketball.

In the meantime, it is desirable for coaches with a scientific turn of mind to secure one or more of the molded footballs for experimental use. Data are needed relative to the effect on kicking, passing and fumbling as well as on durability. Balls of the molded type are being made under both the Last-Bilt and the Wintark patents. John T. Riddell, Inc., is also manufacturing a ball of this type. Such balls may be secured at a reasonable price for experimental use from the manufacturers. If any coach has difficulty in obtaining such balls, aid may be secured by writing the state office.

### Molded basketball popular

In the case of basketballs, the molded ball will almost entirely replace the sewed ball in a majority of the states during the current season. Many of the states have already officially designated the molded ball for use in the various tournaments at the end of the season, and this will result in the use of such balls during the season except for the consumption of the old type balls which are still on hand. There are several satisfactory balls of the new type.

The prices have been brought down to a very reasonable figure and are probably as low as they can be made under present manufacturing and marketing conditions. As compared with the old sewed type ball, the value of the ball to any athletic department is much greater. The balls are much more durable and what is just as important they are perfect in shape and reaction and remain so through many games. The sewed ball was guaranteed for one game only.

In addition to the two most widely used balls, several other balls of the thin walled or molded type are being produced. These include a ball made by the John T. Riddell, Inc., one made by the Tyre Rubber Company

and another by the Voit Rubber Company.

In the case of all these types of balls, the finished product is being supplied under various names depending on the manufacturer who assembles the cover and foundation core.

The prices on this new type ball are reasonable as compared with prices paid last year for the old ball. In fact most of these prices have been considerably reduced since last year and further reduction will probably be made in future seasons if quantity production, further perfections in methods of manufacture and more economical method of distribution warrant decrease in prices.

### Limiting use of balls

The revolution in ball construction and the evolution of a durable ball of perfect shape and action is a development of major importance to schools. The problems connected with the changing from the old type to the new will be kept to a minimum by limiting general use to balls which have been thoroughly tested and approved by the school organization. The schools have efficient state and national organizations through which this important development has been made possible. Most of them are taking action which will indicate to member schools the type of ball which will be used in the tournaments at the end of the season and which should, therefore, be most widely used throughout the season.

Another ball question is raised in connection with the 29-inch ball which has been legalized for use below the senior high school. At least one such ball should be found useful for freshman games and it would be worthwhile to experiment with this ball in scheduled high school games. Such use should be by mutual consent. When the molded ball is used, the slightly smaller ball may ultimately prove to be more satisfactory for all high school play. Its desirability can be determined only through experimental use.

### Rules books

Since last season there have been significant developments in connection with the various rules and interpretation books. One of these is the rapid growth in use of the interscholastic football rules. Since last season the states of Montana, Idaho, New York, Maine, and New Mexico have officially adopted the rules for all high school contests in those states. In addition Cleveland, Ohio, and adjacent territory are also using the rules. This makes a total of 24 states that have officially adopted the code, in addition to states that are using the main provisions of the rules without accepting the entire code. The action in New York was taken after a referendum vote conducted among all the high schools.

Another service that has been inaugurated by the National Federation

is the recent publication of a series of bulletins designed to aid leaders of interpretation meetings. About 3500 copies of each of the five bulletins are now in use during the first season. The demand for interscholastic football rules books has increased to 18,000 in addition to 9,000 copies of the football play book.

There has also been a significant development in connection with basketball. The National Federation has co-operated with the National Basketball Committee in the printing of a special coaching school edition of the basketball rules. This book and the regular high school edition were edited by a representative of the National Federation cooperating with Oswald Tower, who edits the almanac edition of the guide. A total of 36,000 basketball books are in use among registered officials and high schools that are members of their various state athletic associations.

The basketball interpretation book has been published this year the same as in the past. However, Oswald Tower is a co-editor. The rulings which are to be found in that book are now official for all games played under the National Committee Rules.

**1938 OFFICIAL INTERSCHOLASTIC FOOTBALL RULES** of the National Federation of State High School Athletic Associations. Edited by E. A. Thomas, H. L. Ray and H. V. Porter, 25c.

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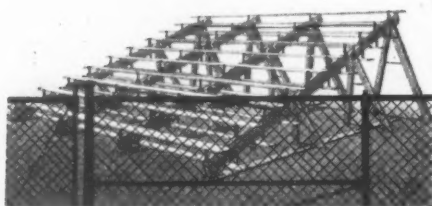
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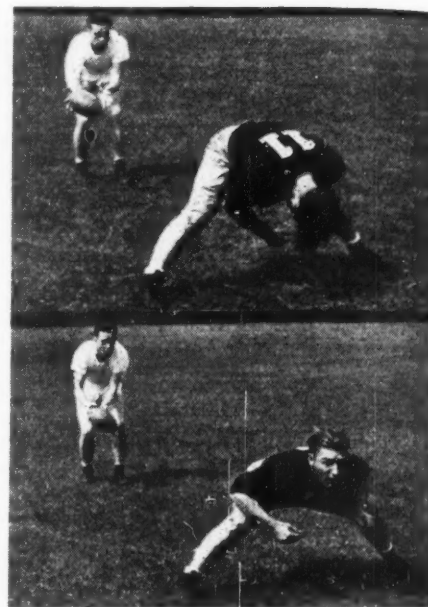
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## Center Play

(Continued from page 9)

The shoulder block in the action pictures on page 8 is an excellent type of block to throw on a weak side guard when the play is swinging wide. After snapping the ball back, the center quickly raises his head to determine how the guard will play him. From a four-point base the guard drives in straight. To counter this attack, the center—with elbow extended, head up and tail down—charges low and drives his left shoulder over his opponent's arms and into his side and midsection. The charge is not so much a matter of actual footwork as it is a propulsion of force off the balls of the feet. Once the proper initial contact is established it is unnecessary to stay with the opponent very long. The center should cross in front of the guard and then go downfield to mop up on secondary.



### Head Snap

After snapping the ball to the backfield, the center should immediately lift his head and elbows to insure good blocking. In the upper picture he has kept his head down too long and is in poor position to block because he cannot see his opponent. In the lower picture, the head has been snapped up before the ball reached its destination and he is all ready to block.



jective and, off balance, his arms slip over the center's back. Quickly the center brings his right foot around to the rear and side of his opponent, drops to all fours and drives the right side of his body viciously into the defensive player's middle. The blocker doesn't stop at this point but keeps digging and spinning around his opponent.

In blocking against a seven-man line, the center very often must cross over to fill the hole left vacant by his guard. The maneuver in the pictures on page 9 is a good one to accomplish this purpose. It enables the center to throw a lateral block and to keep his body between the ball-carrier and the defensive player. After passing the ball, the center pivots to the right and starts a long, cross-over step with his left foot. This brings him squarely into the path of the defensive player. The latter attempts to force his way through by staying low and hand fighting, but the center is not to be shaken off. He holds his ground and completes the cross-over step, both hands hitting the ground to prevent him from falling. His shoulder protects his chin and his feet are in position to keep after his opponent should the latter attempt to circle him. Occasionally he may have to retreat a yard to hold this advantageous position.

### Stance Drill

Assuming as wide a base as possible, Wojciechowicz loosens and strengthens the crotch, knee joints and hamstring muscles by alternately twisting the torso left and right. Wojcie's normal stance measures five and a half feet from toe to toe. For this reason he wears a pair of special steel braces to protect his ankles.

When the defense is deployed in a six-man line, the center can block out his opponent cleanly with a reverse body block. (See page 9.) In the first picture he has passed the ball with his right hand only, using little follow through. His head comes up fast and he perceives his opponent charging across the scrimmage line with his arms carried low to protect the midsection. The center pivots to the left and ducks under the arms of his opponent as the latter attempts to ward him off. As the defensive player steps forward on his left foot, he has definitely failed in his ob-

# Line Blocking

(Continued from page 11)

after him with the foot opposite the shoulder he intends to block with. For example, a guard who is working on a defensive player to his left, must dig his left shoulder into his opponent's left thigh. If the opponent is out of position strong to the offensive man's right, the blocker takes a short step to the side with the right foot and maneuvers his body in front of the defensive man so that he can swing his left shoulder into the opponent's thigh.

In our single wingback formation, the center and inside tackle must plug the holes made by the guards when they pull out for interference or pass protection. We have three methods by which our linemen handle such situations. When we have confidence in the blocker's ability to go out and really block the defensive man, we allow him to use a straight shoulder block.

When we have a heavy man at the inside tackle position, we find it advisable to use what we call a long body or pivot block. The block is executed in the following fashion. In plugging a hole to the left, pivot on the left foot, swing the body and the right leg across in front of the hole and drop to all fours. If the defensive man charges and contact is established, the blocker should swing into him and maintain contact by the use of a crab walk.

Occasionally, on close line plays, we assign two offensive men on one. The blockers have a choice of two blocks, both variations of the straight shoulder block. Their first option is a pinch block. Working as a unit, the two offensive players employ a straight shoulder block to pin the defensive man upon their shoulders; that is, the opponent is pinched by the right shoulder of one and the left of the other, and rode out of the line.

However, when the opponent is lined up directly in front of one of the offensive players, the pinch block is not feasible. In this situation, the blockers can use a post and lead block. The blocker who has the defensive man directly in front of him, charges head on aiming at his opponent's stomach. This stratagem is designed to straighten up the defensive man and permit the second blocker to get a position from the side practically the same as in the pinch block previously described. When the second blocker exerts pressure, the team can drive the opponent completely out of the play.

# BLOCKING EQUIPMENT

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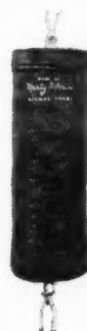
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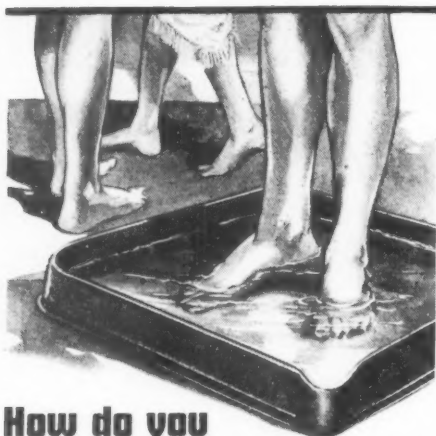
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# Organization for Game Day

By Wendell D. Mansfield

Wendell D. Mansfield, a former high school man, is now assistant football coach at Springfield College. In listing the items a coach should keep in mind on the day of the game, he makes no effort to include the technical aspects of the situation. He is mainly concerned with the host of details like player lists, eating notices, etc. Some of these points may appear trivial but, nevertheless, they are all a part of the coach's responsibility.

ALTHOUGH most of the coach's final decisions in regard to his general plan of procedure must depend upon developments as the season progresses, to do full justice to his job he should have prepared before the season begins a complete practice program, broken down into weekly and daily schedules. Every detail must be covered and where there is responsibility to be delegated, he should see to it that no one individual is forced to carry more than his share of the load.

The following facts should be considered in the construction of a season's program: (1) the schedule, (2) the material and (3) how to bring the team along in relation to important games. The complicated pattern of the game today makes it almost imperative that a coach have an assistant. In a situation where he is unable to pay for an assistant, the coach may deputize his captain or former players who have volunteered their services. The staff should meet daily to evaluate the players, discuss team morale and to present and revise, if necessary, the next practice.

Prior to the season the coach should devote part of his time to the molding of an esprit de corps on the part of the public and alumni, and to come to a mutual understanding with the team doctor. The latter must be thoroughly acquainted with athletic injuries and sympathetic to the viewpoint of both coach and players.

Once this preliminary work has been cleared away, the coach can start wielding his squad into shape for the first game. When the offense and defense has taken shape and the coach has had time to get a fairly accurate line on his material, he can then bend all his efforts to the selection of a varsity team and to the preparation for the opening game. The manager should be given a definite list of his duties and where a faculty manager is available he should be put in charge of the follow up work. But even then the coach should check personally to see that every detail has been covered. A number of important pre-game items to consider follow:

**Player Lists.** For a traveling game an alphabetical list of the players who are to make the trip should be posted as early in the week as possible, together with such arrangements as game time, length of the period allowed for the pre-game warm-up, time the bus or train leaves, etc. An early posting is recommended to relieve the strain on the habitual worriers and also to allow players to make early arrangements for their week-end schedule, that is, study, work, etc.

**Meetings and Eating Notices.** Meal hours should be posted on Friday and also the place and time of any special meetings, such as those for quarterbacks, ends and managers. The definite time to dress should be indicated. An allowance of half an hour for dressing is sufficient.

**Taping List.** Friday after practice is an ideal time to post definite hours when players may report to have their ankles taped. This schedule can be arranged by the manager after consulting the players. Some special taping may be better accomplished either earlier in the afternoon or just before dressing for the game.

**Dressing Room Notices.** Directions should be posted on the blackboard so the players may check their pre-game assignments and their seating places during the game. Diagrams of the opponents' formations together with any special maneuvers planned for the particular game should also be posted, as well as any signs or slogans.

**Game Suits.** As part of the first Friday practice program, the players should slip into their game suits to get the feel of them and to see how they fit. The managers should have a system whereby they know each player's equipment, his size and number. After the first fitting and distribution of suits there is no excuse for any delay on the following Fridays. The suits should be waiting when the player reports to the stockroom. On Friday each player should check his equipment. All laces and any torn or questionable equipment should be reported and repaired or replaced.

After Friday's practice each player should turn in all his equipment. His outfit should be dried and placed in the dressing room on Saturday morning with clean socks, supporter and undershirt. The shoes should be oiled or blackened. (The managers should inspect each piece of equipment when returned and make any necessary repairs before the next game.)

**Dressing Room.** One of the coach's most vexing problems is the protection of his players from friends and alumni. The dressing room before the game belongs to the players, a factor of importance in building team morale. Every-



one should be kept away from the players until after the game. Any distraction may interfere with the business at hand which should be the concentration of effort to win the game. Only those individuals who are directly connected with the team should be admitted to the dressing room. The inevitable army of well wishers should be refused entrance. A special badge may serve to distinguish the privileged from the encroacher. Admission after the game should be entirely up to the coach's jurisdiction, based upon the particular post-game situation. Invariably the coach will want a few minutes alone with the team.

Each player's equipment should be laid out for him on a chair ready to be adjusted. If the coach believes in pre-game chalk talks, the blackboard should be wheeled into place and the benches or mats so arranged that every player has a clear view. Despite the fact that there may be enough benches for everybody, it may be a good idea to supplement the wooden seats with mats so that the early dressers may rest comfortably.

If playing away from home, the coach, upon his arrival, should immediately ask to see the dressing quarters and the place where the team is to go between halves. If he is dissatisfied with the quarters, he may arrange for a change before the team finds itself in a position where it is impossible to shift quarters because of a lack of time.

**Weather Aids.** The coach must be prepared for any sudden changes in weather. In the eventuality of rain he may prepare an extra change of equipment, benzoin, rosin, mud cleats, graphite, "goose grease," "stick 'em," and a waterproof ball. In cold weather: special non-skid rubber sole shoes, capsicum ointment, hot drinks, and hot hand pads. On hot sunny days he may keep on hand a supply of salt tablets, oatmeal water and lampblack.

**Pre-Game Warm-Up.** Very definite warm-up plans should be prepared for the specialists as well as for the other members of the team. Each group should have a designated leader and a planned program of work. There should be plenty of balls available so that the work may be highly concentrated in the short time permitted.

**Sideline Arrangements.** On the field before game time the helmets should be arranged numerically or by name for the players. Sideline jackets and blankets should be on the seats ready to be slipped into easily and quickly. The first aid material must be on hand, and the apparatus used to bring out the equipment should be accessible but not necessarily in sight. The extra pieces of equipment—water buckets, towels, and spray machine—should be ready; also a cake of ice for use in case of injury to prevent any unnecessary swelling.

So much for the pre-game preparations. Following are a number of items  
(Concluded on page 48)

## ★ G-E FLOODLIGHTING ★ Used In World's Brightest- Lighted Baseball Park ★

**G**ENERAL ELECTRIC floodlights—615 of them—were installed in June to make Brooklyn's Ebbets Field the best-lighted playing field in the world. This is the second major-league baseball park to be lighted for night games. General Electric floodlighting was installed in 1935 at Crosley Field, Cincinnati.

The Brooklyn Dodgers, as well as the Cincinnati Reds, turned over the important jobs of floodlighting their fields to General Electric because, through long experience, G-E engineers have become recognized authorities on floodlighting. Since General Electric inaugurated practical sports lighting at Lynn, Mass., in 1923, it has lighted more than 400 athletic fields.

You, too, can have the floodlighting best suited for your field by availing yourself of General Electric's floodlighting engineering service. Before you plan your floodlighting, consult the nearest G-E sales office or G-E distributor. General Electric, Schenectady, N. Y.

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## ★ GYM MATS

Expertly made, with extra strong covering. Filled with genuine JIM-FLEX layer hair felt—guaranteed free from steel needles. Hand tufted. Boxed edges. Heavy reinforced web handles.

## ★ FIELD ENCLOSURES

Increase gate receipts. Quickly pays for itself by eliminating "fence customers." Canvas sheets, with snaps every two feet along top and beackets at bottom, completely enclose field.

## ★ TACKLING DUMMIES

Perfect for all types of offensive practice. Can be used anywhere on the field. Prevents injuries—saves players—yet has the "feel" of actual player contact. Made of extra heavy durable construction duck.

*Write for fully illustrated literature and prices on National Gym Mats, Field Enclosures, and Tackling Dummies.*

**National Sports Equipment Co.**

INDEPENDENT MANUFACTURERS

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## THIS GERM CAUSES ATHLETE'S FOOT

HERE you see, thru the microscope, as photographed in the Dolge mycological laboratory, a fungus which causes Athlete's Foot. Enlarged 480 times. Name: *trychophyton rosaceum*. It is one of a group responsible for Athlete's Foot. It attacks the normal skin. It is very resistant.

Alta-Co, diluted in water 1-to-10, kills *trychophyton rosaceum* in less than 30 seconds. Many otherwise - dependable disinfectants can't kill it at all.

Alta-Co is non-irritating to the skin, harmless to towels, odorless. Is used in many leading colleges, prep schools, high schools as a preventive and treatment. Booklet and placard C89 free to coaches, on request. Send a postal card.

*The placard outlines personal hygiene rules to protect your boys from Athlete's Foot. Just ask for it and Dolge will forward it.*

# ALTA-CO

The C. B. DOLGE Co.  
WESTPORT, CONN.



## BUILDING ENDURANCE

By J. D. Alexander

J. D. Alexander, director of athletics at the East Carolina Teachers College, offers cross-country running as a solution to one of the chief problems of the scholastic coach of any sport—the development of endurance.

should not be permitted to participate.

### Training program

The first week of our fall training period is devoted to games of a strenuous and varied nature such as touch football, kick ball, soft ball, and speed ball. About one hour each day is devoted to these games, which serve a double purpose. They help build organic vigor and relieve the monotony of the training grind. The games are followed by short intervals of jogging and snappy calisthenic drills for all-round development. As wide a range of variety as possible should be introduced in these drills in order to motivate the work and to break up the tiresome uniformity of the daily program.

By the second week the runner is covering the course at varying speeds and learning the correct form over the different types of terrain. In running uphill the body lean is more pronounced and the arms assist in the forward propulsion of the body. There is a tendency for the athlete to run more upon the balls of the feet and to flex his knees more than usual. In running downhill the runner is more relaxed than when he is traveling on flat ground, but he must be careful not to let himself go too recklessly.

In covering the course throughout the second week, the athletes alternately walk, jog and run. On each succeeding day the ratio of walking

CROSS-COUNTRY is one of the most pleasant and beneficial forms of exercise on the sports calendar. It is a simple, healthful and endurance-building sport, ideal for the type of runner who enjoys a slow jog over hills, through woods and across streams.

The fact that cross-country is a fall sport and a great endurance builder also makes it a fine inducement to middle distance and distance men. It offers them a splendid opportunity to convert the off-season into a conditioning medium. The added strength, experience and confidence will assure the distance men of a flying start when they resume training over their regular distance in the spring. Another point to their advantage is the fact that the coach can devote more time to form and strategy during the fall training period than is possible or practical in the spring.

Before reporting for the first practice, every candidate for cross-country should present a satisfactory examination certificate from a competent physician. This includes an examination of the respiratory and circulatory organs and the digestive system. It goes without saying that physically handicapped aspirants



is reduced and the running increased. The runner is permitted to sprint at the finish line. This is worked up progressively until by the end of the third week the boys should be in condition to cover the course at about three-quarters speed.

During the fourth week the sprint down the homestretch is lengthened and greater speed is stressed over the entire course. The men are advised to take plenty of wind sprints and to run in stride together. They should be impressed with the importance of running together and alternating as pace setters. The psychology involved in giving everybody a chance to lead the pack will pay dividends in the form of team affinity.

Our assistant managers announce the time at intervals of one-half mile, one mile and every quarter mile thereafter. This periodic timing informs the runners of the progress they are making and assists them in pacing themselves.

#### Wind sprints

The runners take a rest after finishing the course and follow this respite with a short drill consisting of calisthenics, ground tumbling or jogging on the grass. The practice session is then concluded with several short wind sprints. Our leading cross-country coaches are depending more and more upon the sprint as a conditioning medium. They believe sprinting builds up endurance without making any heavy drains on the boy's body.

Our first time trials are usually held on the Saturday of the fifth week of practice. In case of inclement weather the trials are postponed until the following Monday. In cold weather the boys run in sweat clothes and a flannel poncho made of heavy canton flannel. The poncho is light, inexpensive and easy to make. The job can be done by the home economics department or by anyone who can work a sewing machine. The ponchos allow complete freedom of movement, keep the runners warm, protect the chest and arm-pit from cold and wind, and can easily be discarded should occasion arise.

The poncho is constructed as follows: A piece of canton flannel two yards long is folded and an oval-shaped hole cut in the center. Four tape-tie strings 18 inches long are sewed to the two sides of the fold which will comprise the back of the poncho. These strings are tied in front of the body of the runner to hold the garment in position. By tying these tapes loosely in slip knots, the ponchos can easily be removed without breaking stride.

**"There's Always ONE BEST!"**

## IT'S McARTHUR ★Super-Gym Towels

- ★ FOR PERFORMANCE
- ★ FOR ECONOMY
- ★ FOR LONG LIFE



McArthur Super-Gym Towels are used the country over by leading universities, colleges and high schools! They give athletes a brisk, invigorating rub-down after the shower, and stand up year after year under continuously hard service! For performance, economy and long life Super-Gym is the champion of school towels!

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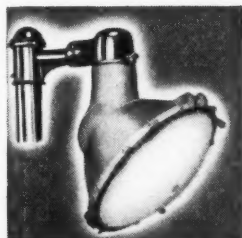
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#### "TIME - OUT" WATERBOY TOWELS

A new idea—individual towels for "time out" periods during the game! The inexpensive way to avoid the spread of boils or infections. Size 18" by 18", of thirsty, heavy crash toweling.

WRITE FOR COMPLETE DETAILS!

## UP TO 500% INCREASE IN FOOTBALL ATTENDANCE UNDER FLOODLIGHTING



Westinghouse AVH aluminum closed-type floodlight ...with hinged door feature.



Westinghouse AFA porcelain enameled open-type unit... for all sports.

A recent survey\* of high school night football attests to the success of floodlighted interscholastic sports. Figures in this survey reveal that attendance increases at night games range from 50 to 500%. Players enjoy playing "under the lights" . . . games are more spectacular . . . crowds are larger . . . and school activities become an integral part of the community life.

Westinghouse makes available a complete line of floodlighting equipment designed for every specific sportlighting application . . . units that provide abundant light, plus efficient trouble-free performance at reasonable installation and operating cost.

Consult your local Westinghouse Distributor, or address Westinghouse Electric & Manufacturing Co., Lighting Division, Edgewater Park, Cleveland, Ohio.

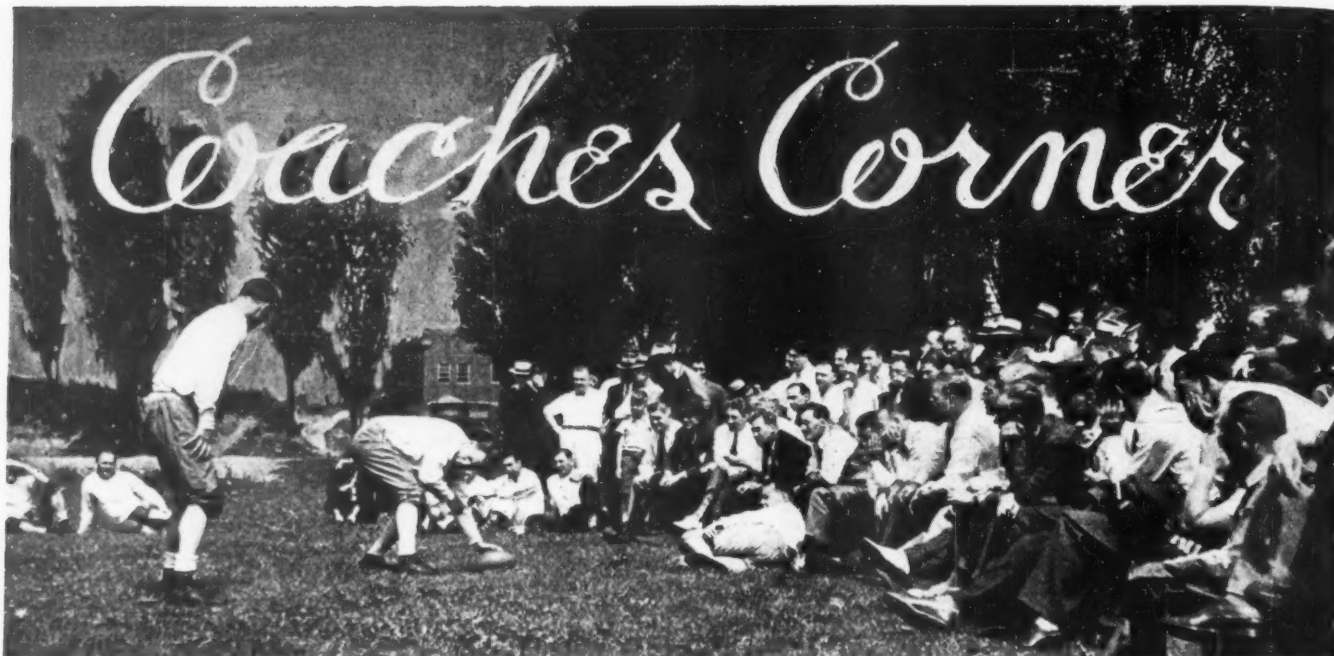
*\*From a survey of night football recently conducted in Alabama.*

WHEN YOU THINK OF *Lighting Equipment* THINK OF



# Westinghouse





If you have something for this column send it to Bill Wood, University High School, Iowa City, Iowa.

**J. W. Napier**, a prominent lawyer in Fort Madison, Iowa, forwards the gruesome details of his short-lived career as a combination coach-administrator. Some one has estimated that about three-fourths of all school administrators have coached at one time or another.

"In August 1922 I found myself about to graduate from Valparaiso University, Ind., but without sufficient funds to enter law school. I hit upon the idea of teaching school, primarily as a money-raising project. The dean of the school of education, a friend of mine, secured a position for me in the consolidated high school at Selby, S. D. I was to teach two or three subjects for which I was qualified, and, in addition, was to act as principal and coach football. The first two requirements caused me no concern, but never having been in a football suit, had a ball in my hands, nor seen a game through to completion, I was up against a tough proposition as a coach.

"Since my roommate had played some football and was also going to coach in South Dakota, but quite removed from where I was to be, he undertook to coach me in the art of coaching. We practiced in the backyard with the ball and he quizzed me on the rule book on every possible occasion.

"When I arrived at Selby, I found that football had been introduced the preceding year, and that the team had been handled by the local county agent, a very large man, formerly all-state guard from South Dakota State College, whose method of coaching seemed to have been mostly one of abuse and mistreatment of the boys. He had pushed and knocked them around because they couldn't do things as he could.

"As I remember, there were fourteen out for the squad. The four back-

field men had a combined weight of 435 pounds. Fortunately, however, there was an exceptionally fine boy on the team who was well versed in the game. About every week my former roommate would send me a number of plays to use, and I would give my chalk talks and illustrate the plays as though they were my own brain children.

"We played six games, winning two and losing four. As I recall, the last game of the season was against Mobridge, a much larger school than any which we had played previously, and one which later won the South Dakota state title. Mobridge had large, husky boys who really knew what the game was all about. All my skinny, little fellows could do was step out of the way in order not to get hurt. Occasionally we reached out and tagged one as he went by with the ball. The score was something like 100 to 0 in favor of Mobridge. The only explanation of the low score they ran up against us was that it was a warm day and the players got tired running up and down the field. Needless to say I was greatly relieved when the game ended, terminating with it my career as a football coach."

Since "Skimmer" Miller's contribution arrived too late for the last issue of "Coaches' Corner," we are glad to be able to run it early this season. "Skimmer" coaches at Classen High School, Oklahoma City, Okla.

"We were playing Norman High School when I noticed that one of my boys was not paying attention to any of his teammates, but instead was looking out in the audience as though he were trying to locate someone. I substituted and brought the boy to the bench to find out what the trouble was. He said that he was trying to locate his mother in the crowd. From then on, before the game started, I had the boys during their warm-up practice find this boy's mother and point out where she was sitting so that he would be able to glance at her for approval."

It wouldn't seem like a football season was ready to begin without a story or two from Dan O. Root of Armijo Union High School, Fairfield, Calif. and one of the original members of our own C.C.C.C. (Coaches' Corner Contributors' Club.)

"In the fall of 1928, the late Coach Paul G. Rose was piloting the Black Hills Teachers College football team to their first South Dakota Intercollegiate Athletic Conference State Championship. During the second meeting of the Spearfish boys with their deadly rivals, the South Dakota School of Mines of Rapid City, a Spearfish end, Phil Putnam, had a little private argument of his own with a Mines' tackle, and both boys were ejected from the game. Afterwards his teammates gave him quite a ribbing for losing his temper. Finally Phil responded, 'Well, I'll tell you boys, I'm the original triple threat man. When I'm in the game you never know whether I'm going to kick, bite or scratch.'"

Almost anything may occur in a football game, especially if the official isn't sure of his knowledge of the rules. Several years ago Bud Tinning, former Chicago Cub pitcher, visited his home in Nebraska and as a particular mark of honor was selected to referee the annual gridiron battle between West Point and Pilger, Neb. With the score tied 6 to 6 in the last few minutes, West Point began driving for another touchdown. Their quarterback, however, became involved in an argument with Referee Tinning, who wanted to remove him from the field. The West Point captain promptly protested, stating that it was against the rules to put a quarterback out of the game. Tinning then decided to throw the captain out, but was told that that was also against the rules. The arguments of the West Pointers were so convincing that the referee allowed both men to finish the game which ended in a tie.

BILL WOOD



## VACATIONS ARE OVER

—the athlete is back on the job, limbering up for the fall sports.

The first games of the season, however, have often a painful aftermath, producing—

*Stiff and Bruised  
Muscles*

*Blisters, Strains*

*Painful Shoulders*

*etc.*

Apply a good, comfortably hot application of Antiphlogistine, to relieve pain, reduce inflammation and render the muscles more rapidly normal and limber.

For grazed arms, knees, elbows, apply a first-aid Antiphlogistine dressing direct to the parts and bandage.

*Antiphlogistine*

*Sample to coaches, trainers  
and athletic directors.*

**The Denver Chemical Mfg. Co.**  
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## NEW EQUIPMENT

### Rubber Sideline Marker

A sideline marker constructed entirely of rubber is a new product being manufactured by the Multi-Flex Rubber Sideline Marker Company. The marker made from soft flexible rubber has rubber pins which fit into receptacles sunk in the ground. When the markers are taken up after the game, plugs are inserted in the ground fittings to keep out dirt. The rubber marker is so soft that a player falling on it would not be injured in the least. When the player's weight is removed the marker snaps back into position again, all set for the next man

to be run out-of-bounds. The rubber markers are ten inches high by nine inches in width. They come in sets of twenty-two.



### New Shoulder Pad

A shoulder pad with protection for the ribs and kidneys is one of the products of the O'Shea Knitting Mills. It is called the BIG BOY and it is built to protect the chest, back, ribs, and kidneys. Plates of heavy fibre cover these parts. The padding is air-cushioned and molded to fit the body. Clad in this outfit a player is a veritable knight in shining armor.

### A Molded Football

John T. Riddell announces a new molded football designed for the high school player. It is made by first preforming and molding a carcass of triple football lining stock. This form is then covered with a tough film of rubber latex to which leather panels are then cemented to form the finished product. A molded ball holds its shape over a long period and as its weight is not concentrated in any one spot makes passing and kicking more accurate. The development of the molded football follows that of the molded basketball.



### Protector Vest

A new light weight protector vest to be worn under the shoulder pad has been developed by the P. Goldsmith & Sons. It is constructed of air-plane cloth with cushion rubber padding at the back of the neck and vertical fibre sections over the ribs and the spine. The vest combines light weight with real protection. It comes equipped with eyelets for lacing to the shoulder pad and is furnished in two sizes, regular and large.



### Pad and Rib Protector

The BODIGUARD is an all-in-one shoulder pad and rib protector made by the Ken-Wel Co. It is easy to put on and take off as the unit does not have to be slipped on over the head. It is closed in the front by three straps which are fastened with snaps, eliminating the time wasting laces.

### Pneumatic Helmet

Joseph A. Mulvey has invented a pneumatic football helmet and also a shoulder pad. The helmet has a doughnut shaped bladder in the crown. It is inflated through a self-sealing valve also in the crown. Otherwise the helmet is of standard construction. It has been tested at Harvard by having players run against the goal posts. We have not been advised how far the Harvard boys bounced. Filled with "balloon juice" the helmet might help to keep the players heads' up besides making them light on their feet.

## Should You Start NIGHT FOOTBALL This Fall?

This 48-page treatise will give you the facts you need to answer this important question of athletic policy.



### A Timely Manual For Educators and Athletic Departments — FREE!

Here is a Manual with the information you ought to have before you complete your floodlighting plans for this season's play! It brings you money saving information on the correct fundamentals of floodlighting, selection of the proper type of installation, choice of equipment, cost of materials, how to avoid mistakes—how to protect the players and spectators from glare—how to provide proper illumination on players and ball, etc.

In addition, the Manual contains all the technical data including layouts, wiring diagrams, etc., required to plan and lay out a lighting system to fit the particular requirements of your field.

### Not Too Late To Get Benjamin Floodlighting For This Year's Games

If you have any doubts as to the advisability or possibility of getting started with night football this Fall, by all means send for this MANUAL. In the Book you will find an authoritative discussion of the whole subject plus the views of prominent coaches, principals and superintendents covering the increase in attendance, advantage of night play and the increased interest of the public in school activities.

### Free Engineering Service

Send for and read the Manual—then call on your local Electrical Contractor and tell him you want him to work with the Benjamin Distributor and Benjamin District Engineer in the development of specific plans. There is no obligation. Use coupon today for the MANUAL. Benjamin Electric Mfg. Co., Des Plaines, Ill. Distributed in Canada by the Amalgamated Electric Corp., Ltd.

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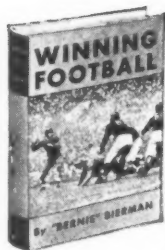
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Psychology, Strategy and Technique. From this book you will get not only Bernie Bierman's rigidly practical rules for developing team and player skill, but also the keen insight into psychological factors of WINNING FOOTBALL of a veteran producer of winning teams. \$2.50.

### Crisler and Wieman's PRACTICAL FOOTBALL

Presents practical, ready-to-use methods, with special emphasis on blocking, tackling, position play, the kicking, passing, and running games, offensive plays, generalship, and defensive planning. \$3.00.

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Includes not only a comprehensive analysis of plays, with diagrams and photographs, but much new material on defensive and offensive tactics, training, practice, treatment of injuries, etc. Includes a number of incidents out of the author's experience, dealing with WINNING GAMES. \$4.00.

### Lamar's THE ATHLETIC PLANT

Explains how to lay out, construct and care for athletic fields and facilities for all types of athletic contests. Gives practical material on constructing athletic equipment in the school shop. Includes suggestions for conducting athletic contests in line with modern trends. \$3.00.

### Other Books in the Whittlesey House Sports Series

**Jones and Brown's  
SWINGING INTO GOLF**  
\$2.00

**Little's  
HOW TO WATCH FOOTBALL**

Lou Little's guide for the spectator, \$2.50

*Send for copies on approval*

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New York, N. Y.

## New Books on the Sportshelf

**THE BOOK OF MAJOR SPORTS.**  
Edited by William L. Hughes. Pp. 396.  
Illustrated—free-line drawings and diagrams. A. S. Barnes & Co.: New York. \$3.

**H**ERE under one cover are the basic fundamentals of four major sports—football, basketball, baseball and track, representing the combined efforts of four well-known coaches in collaboration with Dr. Hughes, author, and associate professor of physical education at Teachers College, Columbia University.

The section on football was contributed by W. Glenn Killinger, director of athletics at the West Chester, Pa., State Teachers College; Charles "Stretch" Murphy, former Purdue basketball star who now coaches the Bristol, Conn., Boys' Club, authored the basketball section; Daniel E. Jessee, Trinity College baseball coach, was responsible for the chapters on his specialty; and Ray Conger, one of the country's greatest milers a decade ago and now director of recreational athletics at Penn State College, assumed the responsibility for the track and field section.

Obviously, in a book of this type, it is neither possible nor desirable to handle each sport in great detail. Rather than involve themselves in a maze of complicated plays and long winded explanations, the authors have wisely elected to concentrate their efforts on the basic fundamentals of individual and team play. Their material is organized exceptionally well and illustrated copiously with free-line drawings of the technical aspects of the sports. These drawings have been based on continuous action pictures and single action shots so that they are accurate in every detail. Besides the technical drawings, the book contains a wide assortment of diagrams for the football and basketball men who like to hand pick their offensive and defensive plays. Each chapter of the book is concluded with an interesting series of check questions and a true and false test.

It's surprising how much the authors have succeeded in cramming under one cover. For example, in the section on football alone, Killinger describes in detail the fundamentals of handling the ball including forward and lateral passing, ball-carrying, the six types of kicks, and falling on and picking up the ball; offensive line play—the various types of stances and blocking; defensive line play—stunts, charges and position play of each lineman; coordinating the defensive line, defensive team play, forward pass defense, offensive blocking, offensive formations and plays, and generalship and strategy: all outlined in a style that can be easily assimilated by both player and coach.

The coach in the smaller high school and college who is frequently called upon to coach two, and sometimes,

three of the major sports will find this book a one-volume library and a valuable source of reference.

**PRACTICAL SIX-MAN FOOTBALL.** By Kurt W. Lenser. Pp. 137. Illustrated—diagrams. Kurt W. Lenser: Stratton, Nebr. \$1.25.

**T**HE rapid growth in popularity of six-man football during the past three years has been one of the outstanding developments in the field of high school sports. This growth in interest calls for the training of a large number of coaches who have not had previous experience in this particular game.

Recognizing the need for a comprehensive manual covering all the phases of six-man, Kurt W. Lenser of Stratton, Neb., who has been coaching the game since its inception in 1934, has prepared a paper-covered manual which not only contains a detailed outline of the technical phases of the game, but shows how to put over a sound program with the minimum of financial assistance. He has gone into great detail on organization, administration and finance, with special attention to the problems of the small-school coach. His ideas on publicity and how to finance six-man football are novel and unusual.

After several preliminary chapters on organization, equipment, the playing field, officials, etc., Lenser plunges into the technical side of the game. He describes several ingenious teaching aids and devices to develop the players' skill in the various techniques; such drills as "Peg-Em" for passing, "Kick-Em" and "Park-Em" for punting and others to develop tackling and ball-handling talents.

The section on winning types of offense and defense are exceptionally well done. The author believes that simplicity should be the keynote of six-man offense. Every boy on the squad should learn the plays, and individual assignments on each play. Lenser gives nicknames to as many plays as possible, since the plays are learned more readily this way than through a complicated number system.

The book also contains valuable information on practice schedules for the beginning coach, night six-man football and the possibilities of six-man as an intramural sport.

**1938 N.C.A.A. OFFICIAL INTER-COLLEGIATE FOOTBALL GUIDE.** Edited by W. R. Oakeson. No. 320, Spalding's Athletic Library. 35c.

**T**HE 1938 Football Guide with its familiar team pictures, schedules and editorial comment is now ready for distribution. Write direct to the American Sports Publishing Co., 105 Nassau Street, New York City, enclosing 35 cents.



# Field Hockey Rules

**G**IRLS' field hockey rules for 1938 include several changes of both major and minor import. The major change in the code applies to the new ruling on both "long" and "short" corner hits. At the moment of a corner hit, six of the defending team (their sticks and feet) must be behind their own goal line, and the rest of that team shall stand behind the nearer 25-yard line until the corner hit is taken. The attacking team, as before, lines up outside the striking circle in the field of play.

It may be noted that the six players of the defending team who stand behind the goal line may be any six players (either forwards or backs).

## Eliminates congestion

This new ruling will definitely help the defending team, for it will eliminate a great deal of the crowding and bunching in the circle which heretofore caused many goals to be scored from corner hits.

Another new ruling will have the long corner hit taken from a point on the side or goal line within five yards of the corner. If the striker, after taking the hit, makes "sticks" or plays the ball again before it has been touched or hit by another player, one of the defending team shall be awarded a free hit which may be taken on the spot or anywhere in the circle.

This enables the defense to bring the ball out to a more advantageous position for a free hit.

## Other changes

Other changes in the rules include the following:

The bully is not considered completed until one of the players taking the bully strikes the ball.

Substitutes may be injected only in case of injury or at half-time. However, in school games, upon a coaches' agreement, substitutions may also be made during bullies and corners. No more than one substitute from each team may enter the game at one time. In international play no substitutions are permitted under any circumstances. If an injury necessitates a player leaving the field her team must continue playing short-handed.

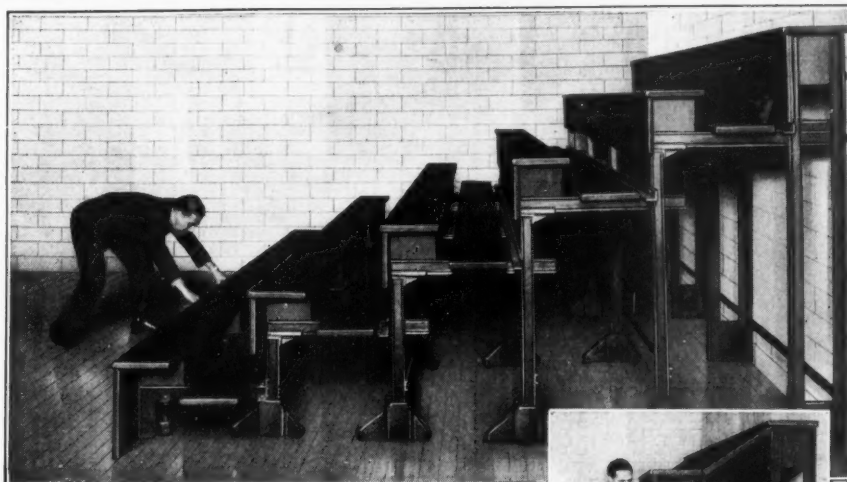
Time-out shall not be taken except for umpires and in case of accidents. If light and weather conditions make play dangerous the umpire may take time out for a discussion with coaches and captains. The final decision rests with the umpires, however, and not the captains.

Sticks which have sharp edges or dangerous splinters shall not be used.

When coaches are umpiring their own interschool games they may coach during half-time. In other cases, officials may not coach during the game or half-time.

CLAIRE BAUM

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Safe to use and safe to operate. . . . Employs the modern telescopic principle of operation. . . . Occupies minimum floor area when "nested" thus freeing valuable floor space for class use. . . . Easily installed in existing buildings as well as in new gymnasiums. . . . One hundred per cent "Medart" built by the oldest manufacturer of gymnasium apparatus, basketball backstops, lockers, lock-erobes, playground apparatus, and pool equipment.

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362 Marquette St., Fond Du Lac, Wis.



**UNI-GOAL** for Playground Basketball

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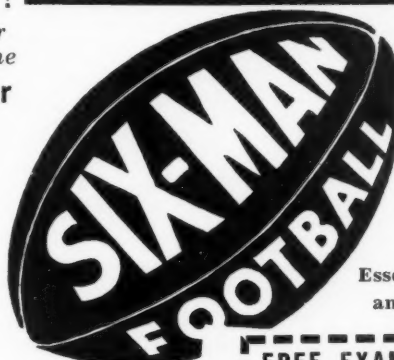
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# A PRIMER FOR THE BEGINNING COACH

By Ralph L. Kendall

Ralph L. Kendall, headmaster at Medford, Mass., High School and also president of the Massachusetts Headmasters' Association, formerly coached at Medford and Tufts College. He imparts good advice to the beginning football coach.

**M**ANY fine men have spent the best part of their lives coaching. From the viewpoint of the athletes this is a desirable thing for the benefit derived by them from their contact with a good man as a coach is invaluable. From the viewpoint of the man, the writer is convinced that it is a mistake to coach many years if one wishes to be recognized as a teacher. Regardless of the good work that he may be doing along strictly educational lines, he will be thought of and referred to as a coach.

For some unknown reason it is difficult for educators to believe that it is possible for a coach to do a good job as a teacher of academic subjects. Perhaps the coach is not a good teacher during the football season, but he often becomes very successful after completing his work in the field. He knows how to handle boys and he has a keen appreciation of the importance of fundamentals, whether they pertain to football or academic subjects.

After five years, the coach will find it difficult to break away for two reasons: first, no superintendent regards him as anything but a coach, and, second, it will generally mean a forfeiture of part of his salary if he steps down to devote his entire time in teaching. This sacrifice may be made much easier in the early stages of his career when his obligations are usually fewer. A man who ultimately intends to drop coaching should make his decision early in his career. If he doesn't—no matter what his desire and intention—he will find it impossible to break away.

## *Means to an end*

Coaching should be used as a means to an end and as such it has inestimable value. It gives a man an opportunity to obtain a position as a teacher that he wouldn't have without a knowledge of coaching. As a teacher, the man who has had a background of coaching, usually has the respect of his pupils. Boys and girls are of an impressionable age and look up to athletes and their coaches.

Those who enter the secondary school coaching field invariably do

so with no experience and naturally make many mistakes. A young coach is naturally very enthusiastic and anxious to develop a winning team. As a result he often attempts to make a good showing at the beginning of the season without thinking the season through in order to build slowly and point for the last and usually the most important game of the season. He has a tendency to drive his boys and perfect his team play to such an extent that the players go stale during the middle of the season. A football team seldom reaches its peak more than once during a season; and if that once occurs in mid-season, the remainder of the games are generally poorly played with many heartaches for the coach. The season should be studied as a whole and the plan of work mapped out with the idea of bringing the team along steadily to a peak for the big game, generally the last one of the season.

## *Throwing off a slump*

There have been teams that reached their heights in mid-season, slumped, and then came back with a strong finish. The writer coached one such team, but the process of snapping the players out of their lethargy involved drastic methods. The team reached its peak in mid-season, and then slumped. The coach tore the offense to pieces and built an entirely new one. He was severely criticized when two games were dropped, but the criticism turned to commendation when the big rival was given a thorough overhauling on Thanksgiving Day. It took courage to do a thing like that, but it is doubtful if the team could have been brought back by anything else. This does not imply that a team is in a slump just because it loses a game in mid-season, for many are lost when a team is doing all that can be expected of it.

There are many causes for a slump. A squad may become overconfident after a series of victories or glowing newspaper accounts. The coach is usually powerless in such a case and probably the only remedy is for the team to absorb a good licking. (As a matter of fact, a lop-sided beating occasionally is good for both team and coach.) When a coach has to sit through a game in which his team is being beaten only because the boys were overconfident, he wonders if it is all worth-while. He substitutes freely, he either tongue

lashes the team between halves or he talks to the boys quietly, but they seldom, if ever, recover their poise during the game; and perhaps it is better that way. Most teams recover their stride after a loss directly attributable to over-confidence. The eleven that comes up against a recently deflated team is in for a tough day. The writer has often wondered if it would help to pull out the entire first team and inject the second one, or to run the team through signals during intermission and drive the boys every minute; but he never has had the courage to try either.

Many coaches believe in driving a squad every day by working them strenuously for long hours. This constant driving induces a slump, principally through extreme muscular fatigue. The effect of overwork is usually manifest in the players' faces and by their attitude. However, there are players that thrive on the hard work. Those that are stale should be given a lay-off with an entire change of activity. They should be sent to the movies, into the country for a walk, or do anything to avoid football.

## *Friction as a cause*

Friction among members of the squad is another cause for a poor season. This is generally precipitated by one or two disgruntled members of the squad or by two factions working against each other. It is difficult to detect and as difficult to iron out. If the trouble-makers can be detected, they may be persuaded to co-operate. But if that is impossible it will be for the best interests of the team to have them turn in their suits.

Often a team does not click because of a lack of leadership. Although this does not come under the denomination of discontent or friction, it has a similar aftermath. The captain may not necessarily be the leader. Generally there is a man or perhaps more than one on the squad who is a natural leader and unconsciously keeps the spark alive which is so essential for success. If the leader is not there there is little the coach can do, although it may pay him to comb his squad to see if he has not overlooked someone. The writer recalls one such instance when he was in college. The team was apparently headed for a mediocre season, having lost two important games. The regular quarterback



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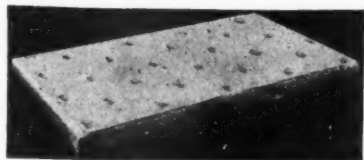
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was called home because of death in the family. A boy with no known qualities was placed in the position and immediately proved himself to be a leader. The entire team found itself and won the remainder of the games.

A coach should be careful in handling the boys during practice and games. A boy never intentionally makes mistakes and will do anything for a coach whom he likes and respects. He feels it most keenly when he does make a mistake in judgment or execution and it is doubtful whether it is good policy to immediately pull a boy out of a game. Some boys will accept it but there are others who may be affected for the remainder of their playing days.

A coach should remember in and out of season that he is an all-important influence on the boys that come under him and on many boys who do not participate in athletics, and should conduct himself accordingly. To be successful, a coach should have the respect and admiration of his boys. The success of a coach is probably due to three things: his knowledge of the game, his material, and his ability to command the respect and liking of his boys. The last is by no means the least important.

A coach should not have an alibi for a defeat, but should study the causes and analyze the different moves in the game to see if he could have prevented the loss by more careful preparation. The coach is familiar with most of the unusual situations in which a team may find itself on a field and he should prepare his quarterback beforehand. A schoolboy quarterback should not be blamed for calling the wrong play on the one-yard line when he has not been taught the proper play to call.

### Take notes on mistakes

The unfairness of the fans in their criticism of a coach no matter what the cause of a poor season may be, is a vital reason for him to take notes on the several mistakes he is bound to make, so that he may profit by these mistakes when the next season rolls around. Regardless of what the material may be; regardless of how many injuries may crop up; regardless of the strength of the opposition; the coach must shoulder the blame of a poor season.

A head coach should listen to his assistants and follow their suggestions provided they meet with his absolute approval. Remember that the head coach is held responsible for the success or failure of the team and he cannot afford to put any suggestions into practice unless he is thoroughly convinced of their value.

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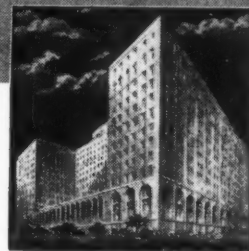
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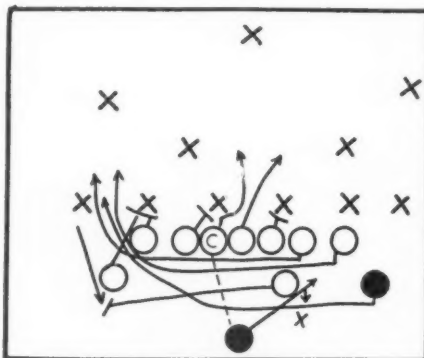
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## Coaching School Notes

(Continued from page 18)

attack sufficiently. If they run more, so much the better. However, Northwestern ran 87 plays against Notre Dame last year and lost, while they ran only 42 against Ohio State and won. The Wildcats generally have a repertoire of 22 or 23 basic plays and 50 to 60 variations. Waldorf keeps a play library, drawing from it each week the plays that he thinks will work best against the particular opponent.



Weak Side Reverse

Waldorf doesn't expect this play to pick up many yards but it is basic for the success of other double wingback plays. The tackle and end leading the play screen the pass in the same manner as on a single wingback reverse. The right wingback does not loop when he swings toward the weak side for the pass from the tailback, but breaks directly to his left. The weak-side end and wingback double team the tackle while the 2 back works on the end.

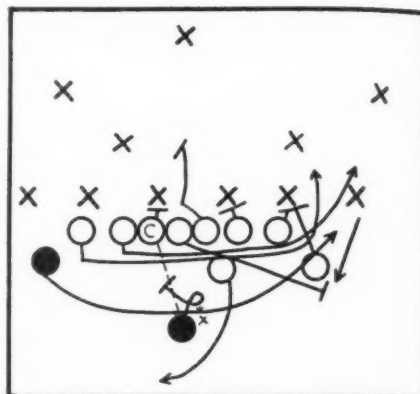
Another idea of Waldorf's that struck the fancy of Texas coaches, especially the high school men, was his substitute plan for practice scrimmage. Waldorf conserves his man power by using the following types of scrimmage:

1. One step scrimmage. After the snap each player takes only one step toward his opponent and stops. This type of scrimmage serves a dual purpose. It may serve as an appetizer for real scrimmage, and on the day before the game it gives the players an opportunity to check up on assignments at a minimum expenditure of effort.

2. Line scrimmage. Here only inside tackle plays are run. The guards, tackles and backers-up discharge their assignments while the others remain passive. This prevents the ends from diving in on plays and causing injuries.

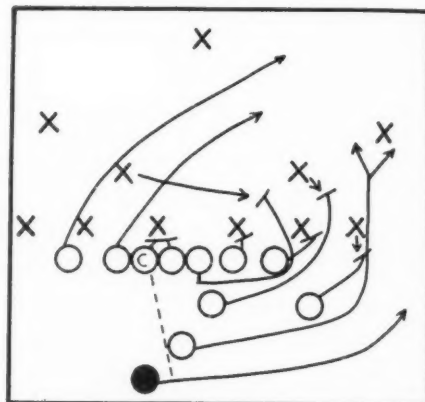
3. Forward pass scrimmage. The defense rushes hard but does not tackle the passer. The defenders cover but only tag the receiver. When Waldorf is concentrating on pass defense, he himself does most of the passing to test the alertness of the defense.

4. Interference scrimmage. In this drill the five middle men on offense and their corresponding defensive opponents are passive. With the exception of an occasional pass to keep the backers-up alert, only outside tackle plays are attempted. This is excellent prac-



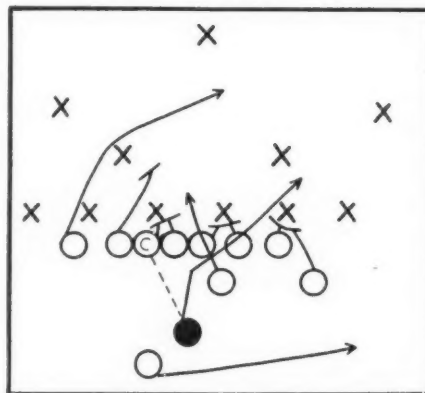
Spinner Reverse

The spinner reverse to the strong side is Northwestern's famous "bread-and-butter" play. The strong-side end and wingback drive out the defensive tackle, the weak-side end and guard pull out and lead the play and the middle man pulls out to take the end. In his fake around the tailback, it is important that the 2 back gives the ball-handler a wide berth.



Strong-Side Sweep

The secret of the success of this single wingback sweep lies in a long lead pass from the center to the tailback. Pictures of Don Heap (Northwestern's great running back) show him stretching far forward for the ball. The ball-carrier must beat the defensive right tackle and end to the hole, since the left end and guard race downfield to mop up on the secondary.



Angle Buck

This is a favorite Northwestern scoring play from inside the ten-yard line. The fullback takes two steps toward the hole over the guard, side-steps and drives inside tackle. The three defensive men on the strong side are double teamed by their opponents across the line.

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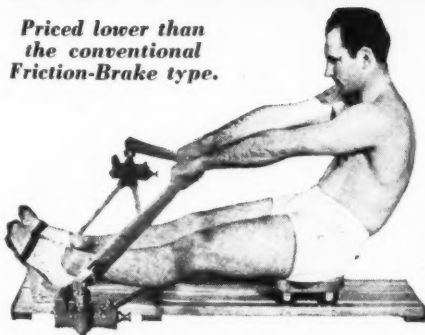
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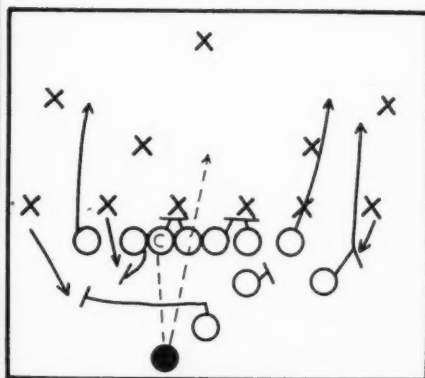
tice for both the offensive and defensive ends. It gives the team a chance to develop their wide "stuff" without being hindered by linemen crashing through and breaking up the play. This is a good time for the coach to work on blocking backs, defensive ends and reverse men cutting up the field after getting by the line of scrimmage.

5. One side scrimmage. Only one side (either weak or strong) is worked on at a time. The other side remains passive. In this drill the coach can coordinate the play of the line without great risk of injury.

6. Scoring scrimmage. The ball is placed on the 10-yard line and the offensive team tries to push the ball over the goal using scoring plays only.

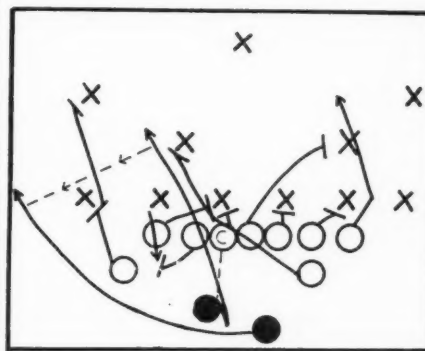
7. Dummy scrimmage. All players carry out their assignments but no body contact is permitted.

Waldorf seldom scrimmages 22 men at a time. He revealed that up to the Iowa game last season his team had only three minutes and 40 seconds of full scrimmage. Yet, despite these figures, each man had been getting about 40 minutes of actual scrimmage per week.



Quick Kick

In this quick kick from a single wingback formation, the 2 back moves over a half-man from his normal position behind the right leg of the right guard. The fullback crosses over to take the defensive right end, the left guard checks the defensive right tackle, the defensive guards are double teamed and the wingback checks the defensive end and then goes downfield behind the ends to cover the kick.



Spinner Inside Tackle

On this spinner inside tackle from the "cock-eyed" formation, the right wingback lines up behind the tackle in order to be able to get ahead of the play. The defensive right tackle is let through and becomes the victim of a very deceptive cross-blocking mouse trap by the weak-side guard. Note the optional lateral.

(Continued on next page)

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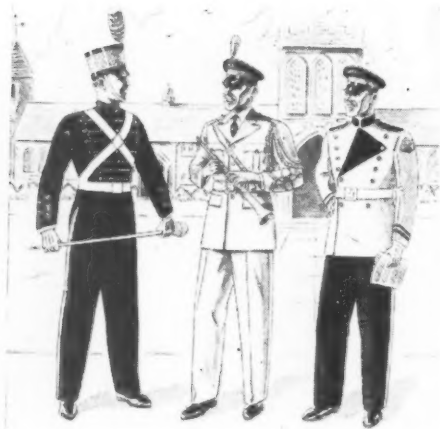
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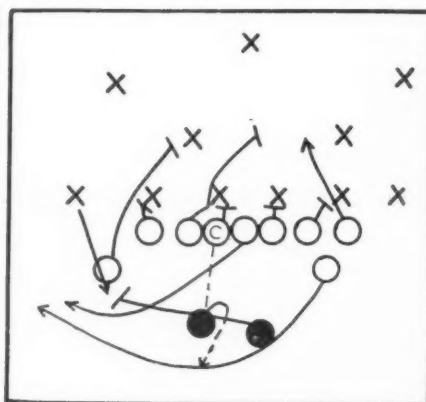
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### Weak Side Lateral

The weak-side lateral from a "cockeyed" formation works in the same sequence as the spinner inside tackle. The 3 back again takes the snap from center, fakes to the 4 back and slips a lateral pass to the 1 back swinging up from the slot between his right tackle and end. When the defensive right end starts crashing to stop this play, he can be easily screened off from the outside by the 4 back after the fake.

### The All-Star Game

AS AN interesting climax to the coaching school sponsored by the Texas High School Football Coaches Association, the South Texas all-star high school eleven coached by Lynn Waldorf defeated Harry Stuhldreher's North Texas stars 7 to 0 in the fourth annual "dream game" played in conjunction with the coaching school. Both teams practiced and gave demonstrations daily throughout the week under their respective coaches who showed the enrolled students exactly how they teach the fundamentals of offense and defense.

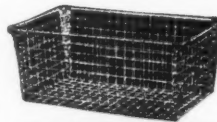
By mutual agreement both teams employed a 6-2-2-1 defense all the way, but neither defense was standard. Waldorf overshifted his line and held up his weak-side tackle to cover on passes and to attempt to stop the Notre Dame power inside that spot. Stuhldreher played his tackles a little wider than usual against Waldorf's double wingback.

The lone touchdown was scored early in the game. On the second play after receiving the North's kickoff, Patrick, Yankee quarterback, fumbled on his own 35-yard line and the opponents recovered. Doss, the South's right wingback, picked up five yards on the first play with a weak side reverse inside tackle. Powder Harrell, the jack rabbit of Waldorf's backfield, then carried the ball to the two-yard line on a magnificent run of 26 yards. From the left wingback position, he took the ball on a reverse from the tailback and slipped outside the strong-side end. Waldorf calls this spinner reverse to the strong side. Northwestern's "bread and butter" play. (For diagram see p. 44).

The South's field general, Bob Brumley, shifted his team into a "cockeyed" formation and plowed through center to the one-yard line. A short fullback

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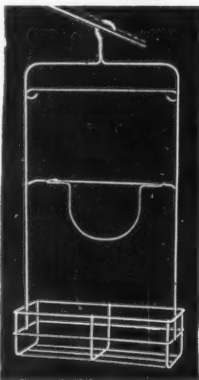
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buck over guard from a single wing failed to get it over. At the request of his teammates, Brumley then put himself into the fullback position and scored on an angle buck inside tackle. He took two steps toward the hole between his guards, veered off and drove inside the defensive tackle. Brumley kicked goal and the scoring for the day was ended. (Diagram on p. 44).

The coaches were anxious to see how well high school boys could handle Waldorf's complicated pass offense, but his team only attempted three passes, none of which were completed. With so much power on the ground and on the long end of the score all the way, the Rebel quarterback refused to take any unnecessary chances. However, it was the writer's observation during the practice sessions that the boys caught on as well or better than could be expected in so short a training period.

### Yanks run—from short punt

Stuhldreher employed a short punt formation instead of his customary Notre Dame "T" and shifted from that into the box right and left. His most effective play from the short punt was a fake smash off the defensive left tackle and a swing around end. The Northerners were also able to get around the opposite end for appreciable gains. Because of their fine passers and the fact that they were behind, the losers attempted 13 passes, completing three for 32 yards and having one intercepted. Hall's interception on the goal line in the closing minute of play probably saved the game for the Southern team. During the first half the North completed a pass to Johnson on the one-yard line, but the receiver caught it about six inches out of bounds.

The South had the edge in first downs, 6 to 5, and gained 206 yards with their running attack to 129 for the North. The South averaged 37.8 yards on 8 kicks while the North averaged 37.3 yards on 10 kicks. Stuhldreher's backfield outclassed Waldorf's but the Rebels were stronger up front.

Waldorf used an unbalanced line for his place kicks. He explained to the writer that he believed this peculiar formation had three advantages. First, when kicking the extra point the kicking lane is protected by three men, none of whom are burdened with the task of keeping his head down and snapping the ball. Second, the middle man is a big boy and may be able to do a better job of blocking. And, third, when trying for a field goal at an angle, Waldorf can get most of his protection between the kicker and the goal by employing an unbalanced line to either side.

Ironically enough, when Brumley attempted a field goal from a left angle during the game, he went into right formation. Although the kick was not blocked, it was short by inches from about the 25-yard line. (Waldorf expressed his theory to the writer privately and not to the quarterbacks.)

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ON PAGE 48 OPPOSITE THIS SPACE ARE OTHER LISTINGS AND FORM FOR SIGNATURE

# Fundamentals and Defense

(Continued from page 13)

to compensate for the overshifted line. It is practically a seven-man line with the center dropping out.

In the 5-3-2-1 defense—the latest word in defensive strategy—the linemen take the positions shown in **Diag. 3** with respect to the defensive linemen regardless of the nature of the formation. Both ends crash in hard and are responsible only for spilling the interference on wide plays. The three center linemen charge directly at their opponents, using their hands and maintaining their freedom to go to either side of their respective opponents. This trio must never charge through a hole or go around their opponent. Every man on the line rushes the passer with the exception of the center lineman, who may drop back if he is effectively blocked before he can cross the line of scrimmage.

The backs, including the three backer-ups, cover straight territory on forward passes the center backer-up covering the center, the other backer-ups covering flat to their own side, the safety covering deep center, and the halfbacks covering the area to their rear and outside. The five-man line is good against running plays but only average against passing.

The 7-1-2-1 defense (**Diag. 4**) is almost the same as the basic six-man line defense. There is little or no reckless charging in this type of defense.

At the snap of the ball each man charges enough to protect his territory, then slides toward the ball. The center, in the line on the short side, does not charge at all and pulls out and drifts on all plays which do not come directly at him. The tackles hold the ends as long as possible on pass plays, and then retreat to cover the area to the rear and outside. The center and backs cover just as they would in a 6-2-2-1. The ends and guards rush the passer as hard as they can. One guard may drop back on passes if his initial charge does not get him through the opponents' line.

The 8-3 defense in **Diag. 5** is especially designed as a goal line defense. The center and fullback go into the line inside the tackles and the safety man moves up to back up the line. The strong-side end plays rather cautiously, not charging until he diagnoses the play. The tackle on the strong side crashes in hard, fast and rather deep. The guards charge low and hard, making no effort to diagnose the play or use their hands.

The tackle on the short side plays off the outside shoulder of the end and charges directly at the end as hard as he can, maintaining contact and driving him back if possible. The short-side end charges in fast. The fullback (strong-side backer-up) does not charge.

## Game Day

(Continued from page 35)

to consider once the game is underway:

**The Bench.** The coach, for his own use during the game, should have a complete list of all players, showing their positions and the order in which they rate best as substitutes. This is necessary because in the excitement of the game a wrong substitution may be disastrous. The seats should be assigned ahead of time so that there will be no uninvited guests to annoy the team.

The chartmen should be assigned and instructed how to chart both the progress of the ball and the field general's selection of plays. A competent man should be assigned to time the game so that the coach will be accurately informed as to the remaining time. No one should go on the field without the coach's permission. He should determine beforehand who goes on the field in case of injury or time out. The coach must decide whether he or the doctor will attend injuries and what equipment will be taken out upon the field.

**Between the Halves.** Every detail must be definitely planned in advance, even if adjustments may be necessary. In case of inclement weather or excess perspiration, a change of jerseys or pants is often desirable. The doctor should check on every man who has been in the game and report his findings to the coach.

The managers may refresh the men who have been playing by wiping off and sponging their faces. When managers are unavailable, substitutes who have not played will usually be willing to aid their teammates. This responsibility cannot be left to chance. It must be assigned in advance.

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# ESSENTIAL FOODS FOR BUILDING MENUS

**A** GAIN this fall millions of boys and girls will come under the supervision of the high schools. To the coach and health education department falls the responsibility of administering a program of physical activity and health habits that will raise the physical efficiency of the students to the highest possible level.

Modern times have affected health in many ways, not the least of which has been through the diet. It is true that the coach has no full control over the diet of the students, but he can exert a tremendous influence over their eating habits. Through the student body, with whom his suggestions carry great weight, he can reach their parents. Mothers everywhere are deeply interested in the foods consumed by their sons and daughters. They will welcome assistance from the coach in the form of menus. Thus, the coach can be a vital factor in the establishment of millions of "home training tables" built around well-balanced and carefully selected foods.

The diet supplies the energy needed for daily activity, the materials necessary for the fast growing body and insures the proper development of the organism. Whether or not the food you consume serves these purposes depends upon the ingredients it contains. Every well-balanced diet should contain a proper amount of proteins, carbohydrates, fats, vitamins, minerals, and water: protein is indispensable for life and growth, carbohydrates are mainly energy-giving food, fats represent the most concentrated energy-giving food, and minerals and vitamins are indispensable for all body functions.

One and a half pints of milk a day should be the starting point in all dietary planning. Milk contains not only many of the body builders but vitamins as well. It is a versatile food and can be used in puddings, cream soups and beverages. Vegetables, particularly the leafy variety, fruit and whole wheat grains are important, too, and should be included in the diet.

Breakfast should be one of the most important meals of the day. Yet, in a recent statewide survey it was found that over half the school children in that particular state were coming to school with inadequate breakfasts. It is not unusual for the breakfast of a high school boy or girl to consist of a hot beverage hastily gulped down with the cup in one hand and the other hand busy reaching for a hat.

Before dashing off to school, the student must consume a good breakfast. The body has been longest without food than before any other meal and it needs the food energy to prepare the boy or girl for his or her daily activity. In general, breakfast should consist daily of some fruit or fruit juice, a cereal, a nourishing beverage, and an egg or bacon several times a week. In this day of interesting and nourishing ready-to-eat cereals, the choice of a cereal is a simple matter. For cereals do not have to be hot to be nourishing. The food value of any cereal depends on the grain from which it is made and the process of manufacture. A cold, ready-to-eat, unrefined wheat cereal is just as nourishing as a hot, unrefined wheat cereal.

The school lunch represents another daily challenge. A hot dish should always be included whether lunch is eaten at home or at school, in summer as well as in winter. Salads and puddings can be brought from home if packed in jelly glasses with tight-fitting covers. Soup, cocoa or cereal beverages can be kept warm in a thermos bottle. These foods, supplemented by sandwiches, fruits and cookies, add variety as well as nutriment to the noonday meal.

A plan for the day's choice of food follows. Each group in this framework is classified according to the specific needs of the body, with special attention to the minerals, vitamins and bulk which are indispensable for proper body functioning. By including all the foods in the

basic group and choosing from the other groups as suggested, the student's three meals a day will furnish the food essentials in adequate amounts.

## Group 1: Basic Group

All the foods in this group should constitute a part of the daily diet. They are valuable for their protein, calcium, phosphorus, iron, vitamins A, B, D, and G, and bulk content.

- 1 pint of milk (adults): 1½ pints of milk (boys and girls)
- 2 servings of graham, whole wheat, bran bread or muffins
- 2 servings of white bread, rice, hominy, macaroni, minute tapioca or corn flakes.
- 1 serving of unrefined cereal
- 1 serving of potato
- 1 serving of egg
- 3 servings of butter



## Group II

Choose one of the foods from this group every day. Important sources of protein, phosphorus, and vitamin E.

- |        |         |             |
|--------|---------|-------------|
| beef   | liver   | heart       |
| pork   | chicken | sweetbreads |
| lamb   | fish    | cheese      |
| mutton | oysters | eggs        |
| veal   | kidney  | milk        |

## Group III

Choose one or two of the foods from this group every day. Foods listed are important sources of vitamin C.

- |               |               |              |
|---------------|---------------|--------------|
| tomatoes      | carrots (raw) | strawberries |
| lettuce       | peas          | grapefruit   |
| cabbage (raw) | pineapple     | oranges      |
| rutabagas     | bananas       | lemons       |

## Group IV

Foods that are especially valuable for mineral salts, bulk, and for further supplementing the vitamins. Choose two to four of any foods from this group every day.

- |               |             |            |
|---------------|-------------|------------|
| artichokes    | cauliflower | peas       |
| asparagus     | celery      | peppers    |
| beans, string | corn        | rutabagas  |
| beans, Lima   | cucumbers   | sauerkraut |
| broccoli      | eggplant    | spinach    |
| beets         | escarole    | squash     |

- |              |             |              |
|--------------|-------------|--------------|
| cabbage      | onions      | tomatoes     |
| carrots      | parsnips    | turnips      |
| apples       | melons      | rhubarb      |
| bananas      | oranges     | strawberries |
| blackberries | peaches     | apricots     |
| blueberries  | pears       | dates        |
| cherries     | pineapple   | figs         |
| grapefruit   | plums       | prunes       |
| grapes       | raspberries | raisins      |

## Group V

Foods valuable for additional phosphorus and iron. Choose at least four of these foods each week, selecting one from each of the four groups listed below.

- |              |               |          |
|--------------|---------------|----------|
| liver        | dried peas    | spinach  |
| kidney       | peanuts       | figs     |
| heart        | lentils       | dates    |
| oysters      | greens        | prunes   |
| clams        | beet, turnip  | apricots |
| beans (navy) | kale, mustard | raisins  |
| beans (Lima) | collards      |          |

To show how this plan functions, a three-day menu, built according to the suggested plan for the day's choice of food, follows:

## Breakfast

- |                                |              |
|--------------------------------|--------------|
| Prunes with Bran Flakes        | Top Milk     |
| Scrambled Eggs                 | Raisin Toast |
| Cereal Beverage-made-with-milk |              |

## Luncheon

- |  |
|--|
| Cottage Cheese and Sliced Pineapple Salad      |
| Whole Wheat Bread and Peanut Butter Sandwiches |
| Fruit Jell-O                                   |
| Cocoa  |

## Dinner

- |                         |                  |
|-------------------------|------------------|
| Meat Cakes              | Chili Sauce      |
| Scalloped Potatoes      | String Beans     |
| Carrot and Cabbage Slaw | Bread and Butter |
| Ice Cream               | Cookies          |

## Breakfast

- |                          |              |
|--------------------------|--------------|
| Corn Flakes with Bananas | Top Milk     |
| Bacon                    | Bran Muffins |
| Cocoa                    |              |

## Luncheon

- |  |
|--|
| Thick Vegetable Soup                                 |
| Egg and Celery Salad Sandwiches on Whole Wheat Bread |
| Tapioca Cream — Chocolate Sauce Milk                 |

## Dinner

- |                         |
|-------------------------|
| Broiled Fish with Lemon |
| Stewed Tomatoes         |
| Mashed Potatoes         |
| Bread and Butter        |
| Green Salad             |
| Crackers                |
| Cheese                  |
| Brown Betty             |
| Milk                    |

## Breakfast

- |                                |              |          |
|--------------------------------|--------------|----------|
| Wheat Flakes                   | Orange Juice | Top Milk |
| French Toast                   |              | Syrup    |
| Cereal Beverage-made-with-milk |              |          |

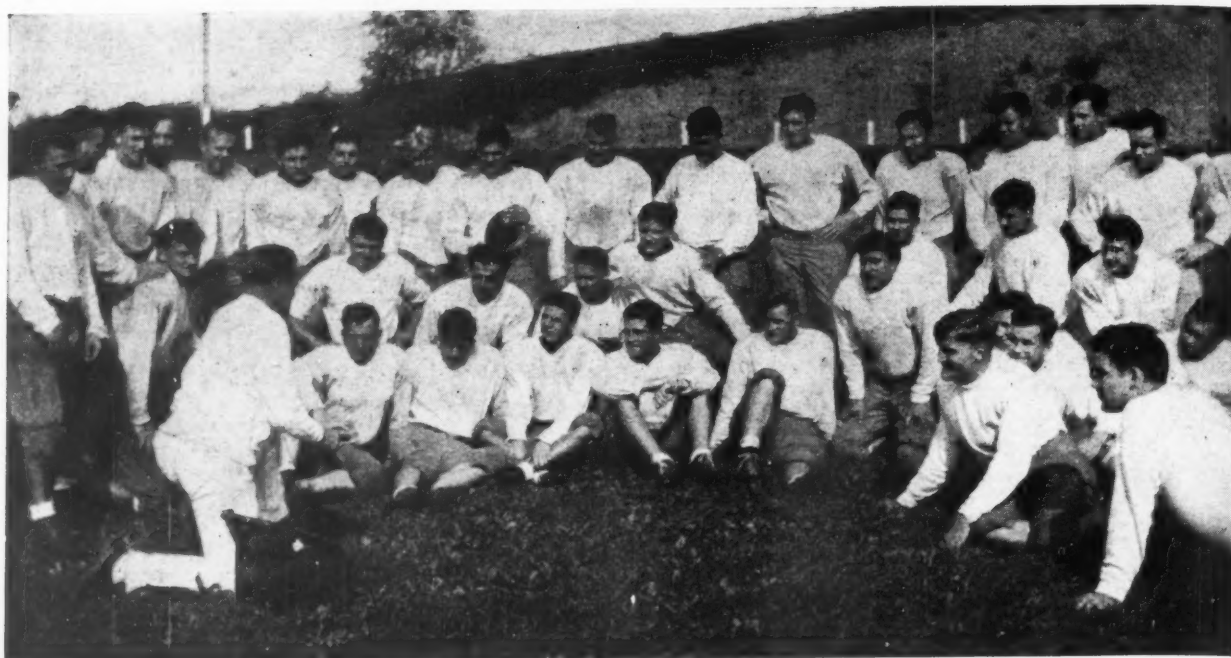
## Luncheon

- |  |             |
|--|-------------|
| Baked Beans                                  | Brown Bread |
| Cottage Cheese with Chives and Caraway Seeds |             |
| Sliced Oranges with Coconut Milk             |             |

## Dinner

- |                              |
|------------------------------|
| Liver and Bacon              |
| Baked Potatoes               |
| Corn Pudding                 |
| Whole Wheat Bread and Butter |
| Mixed Green Salad            |
| Gingerbread                  |
| Whipped Cream                |
| Milk                         |

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